

Spinach Salad

This is a spinach salad recipe I have made for close to 40 years...the dressing is amazing and really makes the salad. I do not have any nutritional information for it but we often eat it as our dinner.

Dressing: Combine at least 4 hours in advance

- Two hard-boiled eggs; mashed
- 1 Tablespoon of lemon juice
- 1 Teaspoon dry mustard
- ½ Teaspoon basil
- ½ Teaspoon salt and pepper
- ¼ Cup red or white wine vinegar
- 2/3 Cup Olive oil
- Sweet fresh onion sliced into rings and submerged in the dressing; it melts in your mouth when served in the salad.
- I make sure to stir the mixture every half hour or so.



Salad:

- Head of red leaf lettuce
- 1 lb. fresh baby spinach
- 1 Cup fresh sliced mushrooms
- ½ Cup slivered almonds
- ¼ Cup sunflower seeds
- 1 Cup (or more if desired) grated Gouda cheese.
- 1 hard-boiled egg sliced

Combine all of the salad ingredients; toss with the dressing prior to serving and enjoy😊

