

Chef Penny's
**spinach
chopped salad**
Phase 1 Recipe

SERVES 1 | READY IN 10 MINUTES



Ingredients:

- 1 cup spinach, finely chopped
- ½ cup radicchio, finely julienned
- ½ cup endive, finely julienned
- ½ cup mushrooms, sliced
- ¼ cup red bell pepper, julienned
- ¼ cup red onion, diced
- 1 tbsp Ideal Protein dressing (Italian Herb or Honey Dijon)
- Ideal Protein Garlic Parmesan Croutons

Chop and julienne all your vegetables and place in a bowl. Toss the vegetables and dressing together.

Top off with IP Garlic Parmesan Croutons.

Serve and enjoy!