

Spinach & Tangerine Salad

SERVES 4

Ingredients

- 1 cup spinach (30g)
- 1 medium tangerine
- 1 small diced red pepper
- 1 cup sliced cucumber
- 2 tablespoons of chopped spearmint leaves
- 2 tablespoons of lemon juice



Method of preparation

1. Mix spinach, tangerine, diced red pepper, sliced cucumber in a bowl.
2. Combine mint leaves and lemon juice and add to the salad.

Nutrition Information Per Serving

Energy	120kcal
Protein	4g
Carbohydrate	23g
Total Fat	2g
Saturated Fat	0g
Dietary fibre	5g
Sodium	43mg
Calcium	117mg
Iron	5mg
Carbohydrate exchange:	1.5 exchanges

About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled How to Lose Weight Without Hunger published by PatientsEngage.