

WILTED SPINACH SALAD WITH SPICY ONION DRESSING

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 C spinach leaves, cleaned
1 C thinly sliced mushrooms
2 tsp olive oil
2 onions, thinly sliced
2 C reduced-sodium chicken broth
1/4 C + 2 TBS cider vinegar
1/4 C + 2 TBS orange juice
1 tsp grated orange zest
1/8 tsp crushed red pepper flakes

DIRECTIONS:

Arrange spinach on large platter - sprinkle with mushrooms.

To prepare dressing: in large nonstick skillet, heat oil - sauté onions till softened (about 5 minutes). Stir in broth, vinegar, orange juice, orange zest & pepper flakes - bring to boil. Reduce heat & simmer, stirring occasionally, till thickened (15-20 minutes).

Pour dressing over spinach & mushrooms. Serve at once.

Makes 4 servings

(per serving: 73 calories; 3g total fat; 0g saturated fat; 0mg cholesterol; 366mg sodium, 10g total carbohydrates; 2g dietary fiber; 4g protein, 67mg calcium - WW points per serving: 1)