



## *Any Season Spinach Salad*

*Baby Spinach stems removed-2 to 4 bags*

*1/2 cup-1 cup Low Fat cottage cheese*

*1/2 cup Pecans*

*Strawberries or raspberries*

*Dressing (Whisk or Shake)*

*1/2 cup Low fat sour cream or plain yogurt*

*1/2 cup Sugar (or less)*

*3 tablespoon red wine vinegar*

*2 teaspoon horseradish sauce*

*1/2 teaspoon dry mustard*

*1/4 teaspoon salt*

*Toss all ingredients right before serving. Start with a small amount of dressing and cottage cheese,; add more to the consistency you prefer. You may not need all the dressing. Add raspberries or sliced strawberries.*

*Enjoy!*