



Immune Boosting Spinach Salad - Makes One Serving

In honor of Breast Cancer Awareness month, I have created a recipe that will help keep the immune system strong to avoid infections, which can make the body weak, reduce inflammatory changes and help fight free radicals. Spinach is rich in folate, which helps play an important role in the prevention of cancer. Exotic mushrooms are rich in vitamin D, have anti-cancer and immune-building properties. Walnuts and onions are rich in flavanoids that help fight free radicals in the body, which can decrease inflammation and help fight cancer. Raspberries are rich in anti-inflammatory vitamin C and phyto-nutrients, which have shown to lower oxidative stress and promote healthy cell growth in the body. Enjoy the natural bounties of our land. For the VLCD, LCD & MD Diets.



Ingredients:

- * 2 cups fresh spinach
- * 1/2 cup fresh exotic mushrooms such as Enoki, Maitake & Oyster
- * 4 walnut halves
- * 1/4 cup sliced onions
- * 1/4 cup fresh raspberries
- * 1 T. olive oil
- * 1 small garlic clove, minced
- * Fresh lemon juice
- * Salt and pepper



Instructions:

1. Saute onions, garlic and mushrooms with 1/2 T. olive oil for 2-3 minutes. Add salt and pepper as desired. Turn the stove off.
2. Add spinach and mix ingredients together until the spinach wilts slightly. Transfer to a salad bowl.
3. Top with walnuts and raspberries. Drizzle remaining olive oil over salad and squeeze some lemon juice on top.
4. Enjoy this healthy salad with a delicious piece of wild salmon that will help keep your body strong, your weight in check, and reduce your risk for cancer.



Nutritional Analysis:

This serving contains approximately 4 grams of protein, 18 grams of fat (3 fats), and 7 net carbs (6 grams of fiber) and 200 calories. Add a 4 oz serving of chicken or fish to the dish for a complete meal (32 grams of protein).