

Turkish Spinach Salad



Description

This garlicky salad is a nice way to eat spinach and a great way to get a nutritional boost. Use the best extra-virgin olive oil you can afford. Serve it with our lentil soup for a simple, delicious supper.

Ingredients

1 pound fresh spinach, washed, stems removed
2 fresh tomatoes, sliced
6 scallions, trimmed and thinly sliced
5 tablespoons plain nonfat yogurt
2 tablespoons extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon dried thyme
Salt and black pepper to taste

Instructions

1. Dry the spinach, tear it into large pieces, and combine it with the tomatoes and scallions in a bowl.
2. Combine the yogurt, olive oil, minced garlic and thyme, adding salt and pepper to taste.
3. Add the yogurt mixture to the vegetables and mix well. Season to taste with salt and pepper.