

## Spinach and Steak Salad



2 cups fresh spinach, rinsed and dried  
2 Tbsp. dried cherries, no-added-sugar  
2 Tbsp. chopped walnuts  
¼ tomato, cut into wedges  
few thin slices of red onion  
5 oz beef tenderloin steak, thinly sliced

Arrange spinach on plate. Sprinkle with cranberries and walnuts. Arrange tomatoes, onions and steak on top. Serve with your favorite light dressing. Makes 2 servings.

Nutrition information per serving: 224 calories, 15 grams protein, 15 grams fat, 5 grams carbohydrate, 59 mg sodium, 1.8 mg iron.