



Catching Up with ILC

September 2014

Try a Seasonal ILC Recipe to Welcome Fall!

Rustic Spinach Salad

Vegetarian, Trans Fat Free

Ingredients

6 cups spinach, roughly chopped
3 ½ cups sliced red onion
3 cups diced apple
¾ cup sunflower seeds
¾ cup feta cheese, crumbled
1/3 cup olive oil
1 ½ tbsp Dijon mustard
3 tbsp lemon juice
1 ½ tbsp honey
3 tbsp apple cider vinegar
¼ tsp salt
¼ tsp black pepper

Nutrition per 1/2 cup

160 calories
12g fat
2.5g saturated fat
5mg cholesterol
160mg sodium
12g carbohydrates
2g fiber
6g sugar
3g protein
8% DV of Vitamin A
10% DV of Vitamin C
6% DV of calcium
6% DV of iron

Directions

1. In a medium-sized bowl, whisk together olive oil through black pepper. Set aside.
2. In a large bowl, mix together spinach, onion, and half of the apple, sunflower seeds, and feta cheese. Toss with dressing until well coated.
3. Top salad with remaining apple, sunflower seeds, and feta cheese. Serve immediately.



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**Compliments,
Questions, Concerns,
Comments?**

Contact us at:
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At I.L. Creations, our mission is to provide first-class quality food, courteous service and a commitment to socially responsible practices, including providing healthy foods and wellness education to our customers. Good health stems from eating right, routine exercise, and smart decisions. Our goal at I.L. Creations is to provide you the resources you need to successfully reach your health and wellness goals.

Our buffet style offerings allow guests control of the variety and amount of food they desire to purchase. Our food offerings are accompanied by health education through such efforts as monthly dietitian visits and nutritional cards posted by dishes offered.