

Fresh Curly Leaf Spinach Salad

SALAD

Fresh curly leaf spinach

Tomatoes, diced

Cucumber, diced

Pine nuts

DRESSING

1 cup plain yogurt

½ cup sugar

3 Tbsp. vinegar

1 tsp. yellow mustard

Wash curly leaf spinach in a large bowl filled with cold water. Let stand for a few minutes. Remove from water and shake off excess. In a large bowl, tear curly leaf spinach into pieces. Toss with remaining salad ingredients. To prepare dressing: In a medium bowl, combine all dressing ingredients and mix until smooth.