

## Grilled Spinach Salad



**Totals are per serving (serves 2):**

Calories 230    Fat 11g    Fiber 5g    Carbs 10g

**What you'll need:**

Olive oil cooking spray

Asparagus – ¾ to 1 pound washed and chopped into one inch long pieces cut on a diagonal

1 Red bell pepper washed and chopped into one-inch large chunks

Olive oil - drizzle

Salt and pepper

Spinach – a couple of big handfuls washed

½ Lemon

2 Oz low fat feta cheese

An outdoor grill

A grill grid wok

Oven mitts

2 Large spoons (or set of tongs) for tossing the salad while it cooks

Microwave/oven safe bowl large enough to serve the salad

***Let's get to cookin'!***

1. Fire up your grill to med heat.
2. Spray your grill grid wok (away from the grill) with olive oil cooking spray.
3. Put the wok on the grill and once it's hot, dump your chopped asparagus and red pepper in.
4. Drizzle with olive oil (maybe 1-2 tablespoons), season with salt and pepper and stir a bit letting this cook for about ten minutes or until veggies glisten.
5. Add spinach and toss, allowing the grill to do its thing. Once the spinach begins to turn dark (meaning it has begun to cook, which takes about five more minutes) take salad off the grill and put it in a microwave/oven safe bowl (I do this in case I need to put it in a warm oven for a minute or two while everything else finishes up. This salad is best when hot)
6. Immediately squeeze your lemon over it, add feta cheese and toss. Steam should rise up from the bowl and you're ready to eat this!

My appearance on "Grill It! With Bobby Flay", inspired this **Kitty's Lighter Weigh** recipe! I cooked this on the show, which aired August 9, 2009, on The Food Network!