

Spinach Side Salad

Totals for one salad:

Calories 60 Fat 3.5g Fiber 0g Carbs 1.5g

What you'll need:

- 1 Handful, washed fresh spinach, leaves only
- ¼ Cup reduced fat shredded mozzarella cheese
- 5 Sprays Wishbone Caesar salad spritzer

Substitution – You can use 1 heaping T reduced fat Parmesan cheese instead of the mozzarella if you wish.

Let's get to cooking!

- 1. Place spinach in a small salad bowl.
- 2. Sprinkle cheese all over the spinach.
- 3. Spray with spritzer dressing and serve

Another **Kitty's Lighter Weigh** recipe.