

Spinach-Mango Salad with Warm Chia Vinaigrette

- 1 bag (9 ounces) fresh baby spinach**
- 3 tablespoons olive oil**
- 1 onion, thinly sliced**
- 1 tablespoon apple cider vinegar**
- 1 tablespoon honey or agave syrup**
- 1/8 cup water**
- 2 tablespoons chia gel**
- 2 tablespoons chia seeds**
- 1 mango, diced**
- ¼ cup toasted nuts (walnuts, pecans, sliced almonds), optional**



Wash spinach, dry thoroughly, and place in a large salad bowl.

To make the dressing: In a skillet, saute' the onion in the olive oil for 3-5 minutes, until soft. Add the apple cider vinegar, honey or agave syrup, water, and the chia gel; cook for 2 minutes more, until slightly thickened.

Pour the hot dressing over the spinach; add the chopped mango, chia seeds, and nuts, and toss to coat the spinach. Serve immediately. This will make approx. 6 servings.

This salad contains healthy ingredients, provides several nutrients important to good health, and is delicious! In addition to the nuts, you can also add a crumbled, boiled egg if you want to add some healthy protein. You can also substitute dried cherries or cranberries, if you don't like mango.

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