Ultimate Easy Happy Salad

Ingredients

12 oz. spinach, washed, trimmed, and dried (1 bunch)
⅓ cup walnuts, coarsely chopped
2 Tbsp. soy sauce
½ cup shredded carrots
Orange vinaigrette (see below)

Directions

- Mix soy sauce and walnuts. Roast for 15 minutes at 350° F (175° C) or until golden.
- Mix spinach greens, shredded carrots, and roasted walnuts together.
- Toss lightly in vinaigrette (see recipe on right).

Orange vinaigrette

Juice of two navel oranges
¼ cup olive oil
Sea salt
Black pepper
2 tsp. honey or maple syrup
2 tsp. apple cider vinegar

Directions

- Peel oranges and squeeze juice into a mason jar or small container with lid.
- Add remaining ingredients.
- Shake until combined.