

Recipes

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SPINACH SALAD with GOAT CHEESE

2 TBLS OIL

2 TBLS LEMON JUICE

1 TBLS CHOPPED OREGANO

4 CUPS PACKED SPINACH

1 LARGE RED BELL PEPPER DICED.

1 1/2 CUP CELERY DICED

3/4 CUP CRUMBLLED GOAT CHEESE

1/3 CUP CHOPPED RED ONION

WHISK OIL, JUICE, OREGANO SALT AND PEPPER ADD

SPINACH, BELL PEPPER, CELERY, AND GOAT CHEESE

TOSS AND THEN TOP WITH ONIONS.



AS Seen on KMID



COOKING DEMO 5-25-02