# Spinach & Walnut Power Salad with Tahini Dressing

*A protein-packed spinach salad topped with crunchy walnuts and a creamy, nutty tahini dressing, perfect for a healthy, low-carb meal.*

**Servings:** 2 **Time:** 15 minutes

## Ingredients

- 4 cups fresh spinach, washed and dried
- 1/2 cup walnuts, toasted and chopped
- 2 tbsp tahini
- 1 tbsp lemon juice, freshly squeezed
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- 1 small garlic clove, minced
- Salt and pepper to taste
- 1/4 cup crumbled feta cheese (optional for added protein)
- 1/4 cup cooked chicken breast, chopped (optional for added protein)

## Instructions

1. Toast the walnuts in a dry skillet over medium heat for 3-4 minutes until fragrant. Let cool and chop roughly.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, apple cider vinegar, minced garlic, salt, and pepper until smooth.
3. In a large bowl, add fresh spinach and toss with the tahini dressing until evenly coated.
4. Top the salad with toasted walnuts, crumbled feta, and cooked chicken if using.
5. Serve immediately as a filling, nutritious meal or side.

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