

Peach & Poppy Seed Salad

Makes 6 servings

1 bag (5-7 ounce) spring mix lettuce (or romaine), washed
1 large peach, sliced thin
1/4 cup sliced almonds
1/3 cup fat-free (or light) poppy seed salad dressing

Mix together all ingredients, tossing lightly. Serve immediately.

Nutrition information per serving: 50 calories, 2g fat (0g saturated fat), 1g dietary fiber, 15mg sodium.

