

# Spinach Salad with Egg and Smoky Tempeh

In 1879, German chemist Erich Von Wolf misplaced a decimal point while researching the iron content of spinach and created a legendary food. He meant to write that the iron content was 3.5 grams per 100 gram serving, but instead wrote 35 grams per 100 gram serving.

Don't worry though, your desire to eat a healthy spinach salad is not misplaced. It is still wonderfully nutritious, particularly when you consume it with all the other goodies that are in tonight's salad.

**Preparation time: 30 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates. When using baby spinach, I remove the longer stems before assembling the salad. When working with fresh spinach, it's important to double wash it. I swish the bunches in cold water and then rinse the leaves carefully to remove all of the sandy soil the plants retain. Be sure to brown the tempeh and toast almonds as part of your prep.

### Hard boiled Eggs and Bread

1 quart water  
pinch of salt  
2 eggs

1 loaf of artisan bread or rolls of choice

### Honey Mustard Dressing

3 T. olive oil  
1-1/2 T. rice wine vinegar  
1 tsp. honey  
1 tsp. prepared mustard  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/3 C. low-sodium vegetable broth

### Spinach Salad

2 bunches fresh spinach (double washed and dried)  
- or -  
one 4 oz. bag baby spinach (washed and dried)

2 green onions (washed and chopped)  
2/3 C. red bell pepper (thin sliced)  
10 cherry tomatoes (halved)  
16 slices cucumber (peeled, cut into 1/8" rounds)

2 slices smoky tempeh (browned and chopped into small pieces)

2/3 C. carrot (shredded)

### Garnish

3 T. sliced almonds (toasted)  
4 tsp. crumbled Gorgonzola cheese

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Fresh spinach may require a little extra preparation time but it's vibrant flavor is worth it. Other than boiling eggs, this meal is mostly prep and assembly - very little cooking.

### Hard boiled Eggs and Bread

Bring water to a rolling boil. Using a perforated spoon, lower eggs into the water, return to a boil, reduce heat to medium-low, cover and cook for 11 minutes. Set a timer. Drain and cover with cold water until ready to use.

(Wrap bread or rolls in foil and warm in a 200° oven.)

### Spinach Salad

Make salads in large flat salad bowls or on individual dinner plates.

1. Break up large spinach leaves, or remove stems from baby spinach, and divide between dinner plates.
2. Divide green onions, red pepper slices and tomatoes between plates.
3. Divide cucumber slices between salads by lining edge of the bowl or plate with rounds.
4. Sprinkle browned tempeh pieces over salads.
5. Top with shredded carrot and a fan of a sliced boiled egg. Garnish with almonds and cheese.

### Honey Mustard Dressing/Serve the Meal

1. Combine dressing ingredients in a small jar with a tight-fitting lid and shake well.
2. Place dressing in a small pitcher on the side and allow diners to dress their own salads.
3. Serve with warmed bread or rolls.

### What I've Learned from this Recipe

If spinach is hard to find, try using the leaves from a bunch of rainbow chard. Just chop the leaves well and discard the stems before dividing between dinner plates.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)