

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 23: Calcium Rich Spinach Salad**

**From Chef Hans:** How do we get more calcium with our unique GI systems? I wanted to put together a meal that features calcium rich foods that are easy to digest, especially if you have a compromised GI system. Focus on the nutrition aspect while also focusing on the “celebration of food” with the different components (ingredients) and how they come together to make something new!

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**CREAMY SALAD DRESSING**

*Serves 2*

**INGREDIENTS:**

- ½ cup plain yogurt\*
- equal parts Extra Virgin Olive Oil & white balsamic vinegar
- 1 lemon, juiced
- ½ tablespoon coarse grain Dijon mustard
- 1 garlic clove, minced
- 1 teaspoon Hans’s Out of the Blue salt OR salt & pepper
- 1 tablespoon honey

**DIRECTIONS:**

In a salad dressing dispenser, or a jar with a lid, add all ingredients together. Be sure to add the honey last as it will stick to the sides of your jar and not incorporate well with the other ingredients. Shake together well and enjoy a few drizzles on the spinach salad recipe. Save the remainder for your future meals!

\*Standard plain yogurt has a higher calcium content than Greek yogurt.

**SPINACH SALAD**

*Serves 1 - 2*

**INGREDIENTS:**

- 2 handfuls fresh spinach, about 2 cups
- 3-4 fig & sesame seed crackers OR your favorite croutons or crackers for an added crunch
- ¼ cup dried figs
- Creamy Salad Dressing, add to taste
- Panela cheese, add desired amount
- 1-2 fresh figs, sliced
- 1 teaspoon hemp heart

**ASSEMBLING THE SALAD:**

Layer all ingredients in your favorite bowl or plate. If desired, season with additional salt & pepper. Enjoy!