**Spinach Salad with Tempeh and Sliced Eggs**

**Produce**

one 4 oz. bag baby spinach leaves or 1 bunch fresh spinach

1 cucumber

1 bunch green onions

red bell pepper (if needed)

1 medium carrot

2 Roma tomatoes or 10 cherry tomatoes

3 oz. sliced almonds

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

good olive oil (if needed)

rice wine vinegar (if needed)

Dijon mustard (if needed)

honey (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

Smoky tempeh

blue or Gorgonzola cheese crumbles

**Additional Items**

1 whole grain Artisan roll per serving