

Dominican Plantain Spinach Detox Salad

Servng 2

Prep Time 15 minutes

Ingredients:

- 1 green plantain, boiled and sliced
- 1 cup fresh spinach
- ½ cup shredded carrots
- ¼ red onion, thinly sliced
- 2 tbsp olive oil
- Juice of ½ lime
- Pinch of sea salt

Instructions:

1. Boil the green plantain until tender, then let it cool.
2. In a bowl, add spinach, carrots, and red onion.
3. Add the sliced plantain on top.
4. Whisk lime juice, olive oil, and salt.
5. Drizzle dressing over the salad and serve warm or cold.

Health Benefits:

- Plantain provides resistant starch that feeds gut bacteria.
- Spinach supports liver detox.
- Lime enhances iron absorption and detox pathways.