Recipe: A Simple Side Salad That’s Good For Your Brain

2 MIN READ

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Sometimes, simplicity wins.

This three-ingredient salad is easy to make and packed with nutrients that support longevity and vibrant aging.

- **Spinach** is rich in magnesium, folate, and antioxidants that support metabolic health and **cognitive function**.
- **Extra virgin olive oil** (EVOO) delivers **anti-inflammatory fats** that improve absorption of fat-soluble vitamins and support cardiovascular health.
- **Pecorino Romano**, an aged sheep's milk cheese, adds protein, calcium, and **conjugated linoleic acid** (CLA), linked to immune and **metabolic benefits**.

Together, these ingredients create a nutrient-dense dish that's easy on the gut, great for your brain, and packed with flavor.

Super Age Spinach Salad with EVOO and Pecorino

Ingredients (2 servings)

- 3 cups fresh baby spinach
- 1–2 teaspoons extra virgin olive oil (cold-pressed if possible)
- 2 tablespoons finely grated Pecorino Romano cheese
- Optional: sea salt and fresh cracked black pepper

Instructions

1. Place spinach in a serving bowl.
2. Drizzle with olive oil and gently toss to coat.
3. Sprinkle the Pecorino Romano evenly over the top.
4. Season with salt and pepper, if desired.
5. Serve fresh as a side or top with an egg for a simple lunch.

Nutrition (Per Serving)

Calories: ~160
Protein: 6g
Fat: 14g
Carbohydrates: 2.5g
Fiber: 1.5g
Sugar: <0.3g

Tip: Top with crushed walnuts for bonus omega-3s and crunch, or add some cranberries for a sweet pop of antioxidants. (My daughter likes sprinkling red pepper flakes on top for spice.)

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