



Presents



Apple Spinach Salad with Warm Bacon Dressing

Presented on June 21, 2014 by Emelie Montgomery Jones

Serves 4-6 as a starter salad

- 1 bunch fresh spinach, stemmed, washed well and dried (about 4 packed cups)
- 1 Fuji apple, cored and thinly sliced; may substitute any sweet apple, strawberries, blueberries, what ever sweet fruit is in season

Dressing

- 1/4 cup finely diced raw bacon
- 1/4 cup finely diced red onion
- 1 teaspoon minced garlic
- 2 teaspoons Dijon mustard
- 1/4 cup white distilled vinegar
- 2 tablespoons sugar
- Pinch red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 2 tablespoons extra virgin olive oil

1. Placed the spinach and fruit in a large bowl and refrigerate until ready to dress.
2. In a small nonstick pan, cook the bacon over medium-high heat until half done, about 2-3 minutes. Add onion and garlic and cook until onion is barely tender and bacon is cooked through, about 1-2 minutes.
3. In a small bowl, whisk together mustard, vinegar, sugar, red pepper flakes, pepper, salt and oil and then stir into pan. Immediately remove from heat and pour over spinach and apples. Toss until salad is coated with dressing. Serve immediately.

Calories-143cal, Carbs - 13g, Fat - 9g, Protein - 4g, Sodium - 373mg, Sugar - 10g