

EASY | RECIPE

Spinach Salad

with **Pear** and **Toasted Pecans**

Dressing:

3 tbsp pure white
grape juice
2 tsp cider vinegar
1 tsp Dijon mustard
Pinch of salt and pepper

Salad:

3 tbsp pecan halves
2 tsp olive oil
3 Bosc pears, peeled and cored (cut into ½-inch slices)
1 (6-oz) bag baby spinach leaves
¼ cup crumbled feta cheese

1. Combine dressing ingredients and set aside.
2. Toast pecans in a dry skillet over medium heat 2 minutes; remove.
3. Heat oil in skillet. Add pear slices to skillet and cook 2 minutes, until lightly browned, stirring gently; remove.
4. Add dressing to skillet; whisk and simmer 3 minutes to slightly reduce and thicken.
5. In a large bowl, add spinach. Toss with dressing.
6. Arrange spinach on 4 plates and top with pear slices and feta.

Sugar breakdown per serving: pears — 13 grams; grape juice — 2 grams.

Makes 4 servings. Per serving:

143 calories | 2.8g protein | 4.6g total fat | 1.7g saturated fat | 2.1g mono fat | 0.3g poly fat
8.3mg cholesterol | 24g carbohydrate | 15g sugar | 4.3g fiber | 127mg sodium

