Taste of Home

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Spinach, Apple & Pecan Salad

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 16 servings.

One day, company was on the way, and I forgot to buy salad fixings. Scavenging the fridge for ingredients, I pulled these together and invented a salad superstar. — Kelly Walsh, Aviston, Illinois

Ingredients

- 2 packages (6 ounces each) fresh baby spinach
- 1 medium apple, chopped
- 1 cup crumbled feta cheese
- 1 cup glazed pecans
- 1/2 cup chopped red onion
- 1/3 cup dried cranberries
- 5 bacon strips, cooked and crumbled, optional

DRESSING:

- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon pepper
- 1/4 cup canola oil

Directions

1. In a large bowl, combine the first 6 ingredients; stir in bacon if desired.

2. For dressing, in a small bowl, whisk vinegar, sugar, mustard and pepper until blended. Gradually whisk in oil. Pour over salad; toss to coat.

Nutrition Facts

1 cup: 109 calories, 8g fat (1g saturated fat), 4mg cholesterol, 116mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 2g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 vegetable.

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