

Spinach Salad with Artichoke Hearts, Mushrooms and Pecans

Tarla Fallgatter, cooking instructor



Servings: 6

1. **BACON:** Preheat oven to 375°F. Line a baking sheet with parchment paper and roast bacon for approximately 10 minutes, until golden. Remove, drain, cool and crumble.
2. Whisk dressing ingredients together and set aside.
3. Place spinach into a large salad bowl first, then add all the other salad ingredients including the crumbled bacon. Add dressing to coat, tasting as you add (don't use too much). Serve immediately.

DRESSING:

- 1/2 cup olive oil
- 1/4 cup powdered sugar
- 2 tablespoons cider vinegar
- 1 1/2 teaspoons lemon juice
- 3/4 teaspoon dry mustard
- 3/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger

SALAD:

- 5 sliced thick-sliced bacon
- 12 ounces baby spinach (two bags)
- 1/4 cup golden raisins
- 2 tablespoons sesame seeds, toasted
- 6 ounces artichoke hearts, sliced (grilled, if you can find them)
- 8 ounces fresh mushrooms, thinly sliced
- 1/4 cup pecans, toasted

Per Serving (excluding unknown items): 346 Calories; 28g Fat (69.9% calories from fat); 8g Protein; 20g Carbohydrate; 5g Dietary Fiber; 9mg Cholesterol; 332mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 5 Fat; 1/2 Other Carbohydrates.

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