

Spinach Salad with Mango, Strawberries and Candied Pecans

Phillis Carey, cooking instructor



Makes a lovely, festive company salad.

DRESSING:

- 3 tablespoons balsamic vinegar
- 2 tablespoons fresh orange juice
- 1 dash Tabasco sauce
- 3 tablespoons sugar
- 1/3 cup extra virgin olive oil

SALAD:

- 12 ounces spinach leaves, baby spinach if possible
- 1 whole mango, peeled and cubed
- 1 cup strawberries, sliced
- 3 tablespoons green onions, minced

PECANS:

- 1/4 cup light brown sugar
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup pecan halves

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

A very pretty salad with the dark green of the spinach and the bright color of the strawberries and mango.

- 1. Dressing:** Whisk vinegar, orange juice, Tabasco and sugar in a small bowl. Slowly whisk in the olive oil and season to taste with salt and pepper. Set aside for 30 minutes at room temperature or chill up to 24 hours.
- 2. Pecans:** Preheat oven to 350°. Place pecans on a large baking sheet and toast them for just a few minutes, about 3-5 at the most, until they are just barely toasted. Remove from oven and allow to cool.
- 3.** In a medium sized skillet with a heavy bottom, stir together the sugar, oil and vinegar over medium heat until the sugar melts and the syrup bubbles. Meanwhile, prepare a large baking sheet with a sheet of parchment paper in it and have it ready near the range. Add the pecans and stir continuously until the nuts are warmed through and the syrup coats the nuts evenly, about 3 minutes. When the color of the shiny syrup begins to dull, or you smell the sure sign of burning, remove the nuts and pour out onto the parchment lined pan. Using a fork, separate the nuts and allow to cool completely. These will store for 2 days in an airtight container.
- 4. Salad:** Place spinach in a large salad bowl and top with mango cubes, strawberries and green onions. Pour on half of the dressing and gently toss to combine, adding more dressing just to coat the leaves. Divide salad among plates and sprinkle each with a few candied pecans.

Per Serving (excluding unknown items): 253 Calories; 20g Fat (67.5% calories from fat); 2g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 1/2 Other Carbohydrates.