

Winter Greens with Bacon, Orange, Walnuts and Blue Cheese

From a cooking class with Megan Barnett, a private chef, 9/2011



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Servings: 4

1. In a small bowl combine the red wine vinegar, thyme and honey. Season with salt and pepper, whisking until smooth. Beat in the extra virgin olive oil in a slow, steady stream until dressing is emulsified.
2. Place the greens in a large mixing bowl. Toss with enough dressing to lightly coat the leaves. Gently fold in the remaining ingredients and divide salad between 4 chilled plates. Serve immediately.

Per Serving (excluding unknown items): 317 Calories; 26g Fat (72.1% calories from fat); 9g Protein; 14g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 315mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

- 2 tablespoons red wine vinegar
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon honey, mild flavored
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 4 cups greens, winter greens - escarole, kale, arugula
- 2 whole oranges, cut into supremes
- 4 slices thick-sliced bacon, cooked and crumbled
- 1/4 cup walnuts, toasted, chopped
- 1/4 cup blue cheese, crumbled

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