

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Cranberry Spinach Salad

The amounts of many ingredients in this salad are to taste. Add in as much, or as little, of each as you like. There are many options for the sweetener in the dressing. Use raw honey, unrefined cane sugar, or sucanat. You can use anywhere from 2 Tbsp up to ½ cup depending on how sweet you like it.

### **Salad:**

Washed spinach leaves (enough for the number of people you are serving)

Sliced green onions, to taste

One can of Mandarin oranges, drained

½ - 1 cup chopped pecans

½ - 1 cup of dried cranberries

½ - 1 cup of crumbled Feta cheese, optional

### **Dressing:**

3 Tbsp Italian dressing mix (I like Penzey's brand. You can order it online, or buy it in their St. Louis store.)

½ cup light olive oil

½ cup red wine or white wine vinegar

2 Tbsp – ½ cup of sweetener, to taste (See note above)

1. Combine all ingredients for the salad in a bowl and toss.
2. Combine all ingredients for dressing in a jar with a tight lid and shake, or combine in a bowl and whisk until well combined.
3. Toss dressing with salad right before serving. You will have some dressing left over unless you are making a large salad.