

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Spinach Salad with Hot Bacon Dressing

From www.howsweeteats.com

2 eggs
6 slices thick-cut bacon (Look for nitrite-free bacon. Free range is even better!)
8 cups of fresh baby spinach (I don't mind stems, if you do, remove them)
2 ounces gorgonzola cheese (or feta)
1/2 avocado, thinly sliced

Hot bacon dressing

1/4 cup bacon fat
1 garlic clove, minced
3 tablespoons golden balsamic vinegar (or red wine vinegar)
2 teaspoons brown sugar
1 teaspoon Dijon mustard
1/4 teaspoon pepper
1/8 teaspoon salt
4 slices bacon, crumble

1. Begin by boiling the eggs so they are finished by the time the dressing is ready. I do that by adding the eggs to cold water, heating them over medium heat and gradually increasing it to high heat. Once boiling, I boil the eggs for 2 minutes, then I remove them from the heat, cover the pot and let it sit for 10 minutes. I then run the eggs under cold water for a few minutes and let them soak in the cold water until ready to peel.
2. Heat a large skillet over medium heat and add bacon. I think bacon is best when cooked over medium-low heat, as it crisps up evenly. Cook the bacon until all the fat is rendered and then turn off the heat. Place the bacon on a paper towel to slightly drain and cool. Gently pour the bacon fat into a bowl or cup.
3. To assemble the salads, pile your spinach on a plate and cover with the sliced hard boiled eggs, avocado and gorgonzola. Crumble on two slices of bacon and season with a bit of pepper if you'd like. I find that this salad doesn't need a lot of salt since the components are so salty.

Hot bacon dressing

Add the bacon grease, minced garlic, vinegar, sugar and mustard to a saucepan over medium-low heat. Whisk constantly until the sugar has dissolved and the dressing slightly emulsifies. Season with the salt and pepper. Before serving, add in the crumbled bacon. You can keep this over low heat while stirring occasionally until ready to serve.