

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Spinach Salad with Sweet-Spicy Nuts, Apples, Feta and Bacon

Adapted from [melskitchencafe.com](http://melskitchencafe.com)

This salad contains roasted nuts that are coated in a spicy sugar mixture. If you don't want to have the sugar, simply use the roasted nuts. It will still be delicious. If you want to temper the raw onion flavor a bit, soak the onion slices in cold water with ½ tsp baking soda. Let them sit for 15-20 minutes then rinse and drain well before adding to the salad. This salad also makes an excellent main dish if served alongside grilled chicken. Finally, keep in mind that all the quantities can easily be adapted according to taste. Enjoy!

Serves 6

### **Salad:**

16 ounces baby spinach  
½ small red onion, slivered (see note above about tempering the onion flavor)  
6 slices nitrate-free bacon, cooked and crumbled or chopped into small pieces  
1 cup Feta cheese crumbles, more or less to taste (optional)  
1 cup dried cranberries or cherries, more or less to taste  
1-2 crisp apples, cored and sliced thin

### **Sweet Spicy Nuts:**

1 cup chopped walnuts or pecans  
⅓ cup sucanat or coconut palm sugar  
Pinch of cayenne (more to taste if you want)  
Pinch of salt

### **Red Wine Vinaigrette:**

¼ cup red wine vinegar  
½ cup extra virgin olive oil  
1 clove of garlic, pressed or finely minced  
1-2 tsp Dijon mustard  
1 tsp sucanat or coconut palm sugar  
½ tsp salt, more or less to taste  
Fresh cracked pepper to taste

1. For the dressing, shake all the ingredients together in a mason jar until well combined or run them through a quick blender cycle. Store in the refrigerator until ready to serve. The dressing can be made up to a week in advance.
2. For the nuts, lightly toast the nuts in a 350 degree oven for 8-10 minutes, checking often so they don't burn. While they toast, place the sugar, cayenne and salt in a skillet over medium-low heat. Cook the sugar mixture until it liquefies completely, adjusting the heat so it doesn't bubble and burn. Toss in the toasted nuts and stir to coat the nuts with the mixture. Let the sugared nuts cool completely.
3. To assemble the salad, toss all the salad ingredients together along with the cooled nuts. Serve immediately with the vinaigrette alongside. All the components can be measured out/prepped ahead of time and stored separately (soak the apples in a bit of lemon juice and water to help prevent browning). Toss right before serving.