

Summer Fruit & Spinach Salad

Refreshing and Fresh in One Dish

When you want to relax and enjoy a light salad, look no further. With a perfect mix of greens and fresh fruit, you can share this salad with friend and family or keep it all for yourself. Either way, you'll be ready for the rest of your summer day.

Ingredients

Salad:

- 1 pkg (8 oz/227 g) fresh baby spinach
- 1/2 cup (125 mL) red seedless grapes
- 1/2 cup (125 mL) fresh strawberries, stems removed
- 1 large kiwi, peeled, cut in half lengthwise
- 1/2 cup (125 mL) pecan halves, toasted

Dressing:

- 1/2 cup (125 mL) vegetable oil
- 1/3 cup (75 mL) raspberry vinegar
- 1 tbsp (15 mL) seedless raspberry jam
- 1 tbsp (15 mL) sugar
- 1/4 tsp (1 mL) salt

Instructions

1. Place the spinach in a large serving bowl.
2. Cut the grapes with the Quick Slice; tip the slicer over the salad greens. Repeat with the strawberries and kiwi. Top with pecans.
3. For the dressing, combine all the dressing ingredients in the Measure, Mix & Pour®, and mix until well blended. Drizzle 1/4 cup (50 mL) of dressing over salad and toss lightly just before serving.

Yields 8 servings of 1 cup/250 mL

U.S. Nutrients per serving:

Calories 60, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 35 mg, Carbohydrate 8 g, Fiber 2 g, Protein 1 g

Cook's Tips:

To toast the pecans, place them in the Small Micro-Cooker®. Microwave, uncovered, on HIGH for 2 minutes or until fragrant, stirring halfway through. Cool completely.



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