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Spinach Apple & Pecan Salad

- 3 T. Olive oil
- 1 1/2 T. Cider vinegar
- 1 T. Prepared mustard (I prefer Dijon)
- 1 T. Sugar
- 1/2 t. Salt
- 1/4 t. Fresh ground black pepper
- 1 Golden delicious apple, halved, cored, thinly sliced
- 1/4 C. Red onion, cut in thin strips
- 3/4 lb Fresh spinach, washed, stems removed, leaves torn
- 1/2 C. Toasted pecans

In serving bowl, whisk oil, vinegar, mustard, sugar, salt and pepper until thick. Add apple and onion. Toss until apples and onions are covered with dressing. Place spinach on top, then pecans. Just before serving, toss.

