SPINACH SALAD WITH WARM MAPLE DRESSING

Recipe By: Shirley Scrafford
Servings: 4

Ingredients

2 tablespoons chopped pecans
9 ounces fresh baby spinach
1 cucumber -- peeled, seeded and cut into 1/4-inch slices
1 Tablespoon Suriny rice bran oil
1 shallot -- finely chopped
1/4 cup cider vinegar
2 tablespoons maple syrup
Salt & freshly ground pepper to taste
1/2 cup smoked Gouda cheese -- shredded, or other smoked cheese

Toast pecans in a small dry skillet over low heat, stirring often, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.

Toss spinach and cucumber in a salad bowl.

Heat oil in a small skillet over medium-low heat. Add shallot and cook, stirring, until softened, about 4 minutes. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper.

Immediately pour the dressing over the spinach and cucumber. Toss well and sprinkle with cheese and toasted pecans.

Note - Can substitute a sliced apple for the cucumber or a more fall flavored salad.

Per Serving: 159 Calories; 10g Fat (54.8% calories from fat); 6g Protein; 13g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 174mg Sodium.
Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.