



## Spinach & Apple Salad with Raspberry Vinaigrette

**Prep: 15 minutes**

**Cook: 5 minutes • Serves: 4**

### Candied Pecans

- 1 cup Essential Everyday® pecan halves
- 1 teaspoon Essential Everyday® canola oil
- ¼ cup Essential Everyday® brown sugar
- ¼ teaspoon salt
- 1 pinch cayenne pepper

### Raspberry Vinaigrette

- 2 garlic cloves, minced
- 1 medium shallot, minced
- 1 cup Essential Everyday® extra virgin olive oil
- ½ cup raspberry vinegar
- ¼ cup chopped fresh parsley
- 1 tablespoon Dijon mustard
- 4 teaspoons Essential Everyday® granulated sugar
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon ground black pepper

### Spinach & Apple Salad

- 1 teaspoon fresh lemon juice
- 1 large Red Delicious or Granny Smith apple
- 1 bag (5 ounces) Wild Harvest® baby spinach leaves
- 12 grape tomatoes, each cut in half
- 3 ounces crumbled Gorgonzola cheese

**1.** Prepare Candied Pecans: In large nonstick skillet, combine all ingredients and cook over medium-high heat 5 minutes, stirring occasionally. Transfer pecan mixture to rimmed baking pan to cool completely.

**2.** Meanwhile, prepare Raspberry Vinaigrette: In medium bowl, whisk together all ingredients. Refrigerate until ready to serve.

**3.** Prepare Spinach & Apple Salad: Place lemon juice in large bowl. Core and cut apple into ¼-inch-thick slices and add to lemon juice; toss to prevent browning. Add spinach, tomatoes, cheese and ½ cup vinaigrette; toss to combine. Serve salad topped with candied pecans.

*Approximate nutritional values per serving:*

*466 Calories, 40g Fat (8g Saturated), 19mg Cholesterol,  
477mg Sodium, 25g Carbohydrates, 6g Fiber, 9g Protein*