

Salad - Spinach

Rachel McCormick - DFAIT/MAECI

Ingredients:

- 1 red onion
- Olive oil
- Sea salt
- Spinach
- 2/3 cup feta cheese – crumbled using a food processor
- 2/3 cup dried cranberries
- Toasted pecans or pine nuts.
- 1 tsp. lemon zest
- 2 Tablespoons lemon juice
- 2/3 Cup orange juice
- 1 Tablespoon dijon mustard
- 1 Teaspoon honey fresh thyme (or dried)
- 1/3 cup olive oil

Instructions:

- Slice red onion, toss in olive oil and sea salt, and roast at 300 about 20 minutes
- Combine lemon juice, orange juice, dijon mustard, thyme, and olive oil
- Combine spinach, onion, crumbled feta, dried cranberries and either toasted pecans or pine nuts
- Cover and toss with dressing