

Betty's Springtime Spinach-Pecan Salad



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In this video, Betty demonstrates how to make Springtime Spinach-Pecan Salad. This is a great combination of fresh spinach, caramelized pecans, apples, red bell pepper, and feta cheese—with its own oil and vinegar dressing. Luscious!

Ingredients:

- ½ cup caramelized pecans (recipe available in bettyskitchen)
- 3 to 4 ounces fresh tender spinach, washed and dried with paper toweling
- 1 Granny Smith apple, in thin slices
- ½ red bell pepper, cut into strips, then halved
- ½ cup crumbled feta cheese
- 2 tablespoons light olive oil
- 2 tablespoons white vinegar

Place 3 to 4 ounces spinach in a large serving bowl. Add ½ cup caramelized pecans, 1 sliced Granny Smith apple, ½ red bell pepper strips, and ½ cup crumbled feta cheese. Add 2 tablespoons of light olive oil and 2 tablespoons white vinegar. Toss salad gently. Cover with plastic wrap and refrigerate until serving time. This is a dramatic, elegant, and healthy addition to any dinner. I hope you love it!

--Betty ♥