

Spinach Salad with Maple Dressing

Spinach makes wonderful salad, especially complemented with this tangy maple dressing. This crunchy, filling salad is perfect as the main course of a light luncheon. Serve it with a crusty bread and soft white wine or sparkling, non-alcoholic apple cider.

- 8oz (250 g) spinach
- 2 strips of bacon, cooked until crisp, chopped
- 1 apple, unpeeled & diced
- 1/4 cup (50 mL) cheddar cheese grated
- 1/4 cup (50mL) mozzarella cheese grated

Maple Dressing:

- 3/4 cup (175 mL) mayonnaise
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) vinegar
- 1/4 cup (50 mL) granulated sugar
- 3 tbsp (45 mL) maple syrup
- 1/2 tsp (2 mL) freshly chopped parsley

Maple Dressing: Combine all of the above ingredients and blend until smooth. Store covered in the refrigerator.

Yields 1 1/4 cups (300 mL).

Trim, wash and dry spinach and tear into bite size pieces. Place into salad bowl and set aside.

Just before serving pour desired amount of dressing over spinach and toss well to coat. Add the bacon, apple and cheese, toss lightly. Makes 6-8 servings.

Taken from: The Taste of Nova Scotia Cookbook

For more information about Nova Scotia cuisine and traditional recipes see www.tasteofnovascotia.com.