

Spinach Mandarin Pecan Craisin Salad

Servings: 4

Ingredients:

- 1 bunch spinach, washed, dried and torn (*I generally figure 1.5 oz. of spinach, or lettuce, per person*)
- 1 can (11 oz.) Mandarin Oranges, drained
- 1½ oz. pecans, chopped
- 1½ oz. Craisins (or raisins)

Dressing:

- 2 Tbl. rice vinegar
- 1 Tbl. toasted sesame oil
- 1 Tbl. maple syrup
- 1 Tbl. Best Foods LIGHT Mayo
- 1 tsp. Dijon mustard

Directions:

1. Combine spinach, mandarins, pecans and craisins in a med-large salad bowl.
2. In a small bowl, or cup, combine dressing ingredients: rice vinegar, sesame oil, maple syrup, LIGHT-mayonnaise and Dijon, mix well.
3. Pour dressing over salad and toss well.
4. Divide salad among 4 salad bowls or plates and serve.

Nutrition: Dressed Salad

(Serving size: ¼th recipe)

Calories: 213 protein: 1.5g total carbohydrate: 27.2g total fat: 17.5g
sugars: 19g sodium: 286mg dietary fiber: 4.6g saturated fat: 1.3g

Nutrition: Dressing only, per Tbl.

Calories: 32.7 protein: 0g total carbohydrate: 2.7g total fat: 12g
sugars: 2.3g sodium: 119mg dietary fiber: 0g saturated fat: 0.4g