



Give this great recipe a try!
Crunchy Spinach & Turkey Bacon Salad
with Balsamic Vinegar

Spinach is typically planted in late winter so makes for a great early spring crop, although is usually available year round these days. You can get better quality when you buy spinach loose since you can examine all the leaves. Pick leaves that are smaller and have a good green color to them. Leaves that are crisp and spongy are of good quality. Do not pick leaves that are wilting, brown or yellow. Spinach is a good source of vitamin C!

Ingredients

- 1/2 pound fresh spinach, washed, torn into bite-size pieces
- 1/2 cup corn, loose, fresh or frozen thawed
- 1/2 cup chopped celery
- 1 cup chopped red bell pepper
- 5 slices turkey bacon, cooked crispy & chopped
- 2 oz Reduced Fat Feta, Cheese crumbled
- 1 tablespoon sunflower seeds
- 1.5 oz ea of Olive oil Balsamic vinegar
- Season to taste

Preparation:

1. Combine vegetables in a large serving bowl; toss well.
2. Stir in bacon.
3. Drizzle with dressing before serving.

Yield: 5 Servings, 2 cups each

