

Spinach with Apples & Pecans

From – COOKING *from the farmers' market*

1/3 cup plus 2 Tbsp plain low-fat yogurt
1/3 cup mayonnaise
1/3 cup sugar
2 Tbsp cider vinegar
1 Tbsp poppy seeds
salt and freshly ground pepper
4 cups spinach
4 slices thick-cut bacon, cooked and crumbled
1 tart apple, such as Fuji or Gala, cored and cut into cubes
1/3 cup chopped candied pecans
1 Tbsp chopped fresh chives

- In a small bowl, whisk together the yogurt, mayonnaise, sugar, vinegar, poppy seeds and season with salt and pepper to make a dressing.
- In a large bowl, toss together the spinach, bacon, apple, pecans and chives.
- Add enough of the dressing to lightly coat the leaves and toss well.
- Serve right away.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com