



SPINACH and FRUIT SALAD

The dressing for this full-flavored and full-bodied salad is made with orange juice, which makes it just perfect to serve with duck, pheasant, turkey or chicken or to have alone as a summer salad.

Serves 6

Salad

12 cups fresh spinach or baby romaine
½ cup sliced Jicama
1 Comice or Bartlett pear, peeled and sliced
1 cup sliced strawberries
½ cup chopped, toasted pistachios
2 ounces goat cheese, crumbled

Dressing

¼ cup rice vinegar
6 tablespoons extra virgin olive oil
6 tablespoons orange juice
2 small garlic cloves, minced
Sea salt and pepper

1. Divide the spinach among six salad plates. Top each with Jicama, pear, strawberries, goat cheese and sprinkle with pistachios.

2. In a small bowl, whisk together the vinegar, oil, orange juice, and garlic. Season to taste with salt and pepper.
3. Spoon 1 tablespoon of dressing over each salad and serve.

Per serving: 5 grams carbohydrates, 4 grams protein, 10 grams fat