



Warm Spinach & Roasted Vegetable Salad with Bacon Vinaigrette

Prep: 15 minutes

Roast/Cook: 12 minutes • Serves: 8

- 1 package (10 ounces) sliced baby bella mushrooms
- 1 medium red onion, cut in half and sliced
- 2 tablespoons olive oil
- 2 bags (8 ounces each) **Pictsweet Farms Steamables Asparagus Spears**
- 12 slices smoked bacon (about $\frac{3}{4}$ pound), cut crosswise into 1-inch pieces
- 2 garlic cloves, thinly sliced
- $\frac{1}{2}$ cup balsamic vinegar
- 2 teaspoons Dijon mustard
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 jar (12 ounces) roasted red peppers, drained and chopped (about 1 cup)
- 2 packages (5 ounces each) baby spinach

1. Preheat oven to 400°. In large bowl, toss mushrooms, onion and oil; spread on rimmed baking pan. Roast 12 minutes.

2. Prepare asparagus in microwave oven as label directs; open bags and cut asparagus crosswise into $\frac{1}{2}$ -inch pieces. Toss asparagus with mushroom mixture.

3. Meanwhile, in large nonstick skillet, cook bacon over medium-high heat 8 minutes or until crisp, stirring frequently. With slotted spoon, transfer bacon to bowl. Drain and reserve $\frac{1}{3}$ cup bacon drippings from skillet; discard remaining bacon drippings.

4. To same skillet, add garlic and cook over medium heat 1 minute, stirring occasionally. Add vinegar, mustard, salt, black pepper and roasted red peppers; cook 2 minutes or until mixture simmers, stirring with wooden spoon to loosen browned bits from bottom of skillet. Stir in reserved $\frac{1}{3}$ cup bacon drippings; remove skillet from heat and stir in bacon.

5. In large bowl, add spinach and vegetable mixture; pour warm vinaigrette over spinach mixture and with tongs, toss to combine. Serve immediately.

Approximate nutritional values per serving:

152 Calories, 9g Fat (2g Saturated), 14mg Cholesterol, 504mg Sodium, 11g Carbohydrates, 3g Fiber, 7g Protein

Dietitian's Dish

> Building a salad using baby spinach as the greens is an easy way to offer great health benefits. Spinach has twice as much potassium, protein, calcium, iron, niacin and vitamins A, C and B-12 as any other leaf vegetable.