

SPINACH, WHITE BEAN, AND BACON SALAD WITH MAPLE-MUSTARD DRESSING

DRESSING

- ¼ cup maple
- 3 tablespoons cider vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

SALAD

- 1 (15.5-ounce) can white beans, rinsed and drained
- ½ cup thinly sliced green onions
- ½ cup finely chopped red bell pepper
- 5 bacon slices, cooked and crumbled
- 2 (7-ounce) packages fresh baby spinach

Directions:

1. Combine first 6 ingredients in a small microwave-safe bowl, stirring with a whisk; Place rinsed and drained beans in a 2-cup glass measure; microwave both dressing and beans 1 minute or until hot when ready to serve.
2. Combine onions, bell pepper, bacon, and spinach in a large bowl. Refrigerate until ready to serve.
3. When ready to serve, microwave dressing and beans for 1 minute or until hot. Top salad with warmed dressing and beans; toss if desired. Serve immediately.

Recipe credit: Cooking Light