



SWEET HEAT SPINACH AND CRANAPPLE SALAD

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1½ c Granny Smiths, thinly sliced
- 1 c red onion, thinly sliced
- 3 Tbsp balsamic vinegar
- 2 Tbsp Sweet Heat
- 8 c fresh spinach
- ¼ c dried cranberries
- 2 slices bacon, cooked and crumbled

DIRECTIONS

- 1 Add olive oil to skillet and place on medium heat.
- 2 Add apples and onions, sauté 3 minutes.
- 3 Add balsamic vinegar and Sweet Heat, mix thoroughly.
- 4 Remove from heat.
- 5 Place spinach in serving bowl.
- 6 Pour apple mixture over spinach; toss.
- 7 Sprinkle with dried cranberries and bacon.

YIELD *4-6 servings*