

Strawberry Spinach Salad with candied nuts

Makes 12 servings

Dressing Ingredients

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/4 tsp Worcestershire sauce
1/4 tsp paprika
1/4—1/2 tsp black pepper
3 Tbsp xylitol
1 –2 Tbsp poppy seeds



Salad Ingredients

1 or 2 pints fresh strawberries, sliced (washed and thoroughly dried before slicing)
1 lb baby spinach (or mixed greens of choice)
1 red onion, sliced
4 ounces low fat Feta cheese (or more if you like lots)
1.5 cups Candied cinnamon nuts (recipe on next page)

Directions

1. For dressing, combine all ingredients in bowl, stirring until xylitol is dissolved.
2. Refrigerate for at least 2 hours before using.
3. Combine all salad ingredients in a large bowl and toss well.
4. Chill in refrigerator.
5. 10 minutes before serving toss salad well again, this time with dressing.

Sweet Cinnamon Nuts

Makes enough for two batches of spinach salad

Ingredients

1/4 cup fat-free evaporated milk

2 Tbsp water

1/4 tsp vanilla

1/4 tsp cinnamon

Scant 1/3 cup Truvia brand sugar replacement *Original only - not the one that has real sugar in it.*

3 cups pecan halves (or walnuts, depending on budget and taste preference)

Directions

1. Combine first 4 ingredients together in pan, bring to simmer over medium heat.
2. Slowly stir in Truvia, continue stirring until dissolved.
3. Continue simmering until mixture begins to thicken, then add pecans.
4. Stir pecans in mixture until pecans are completely covered in syrup and no syrup remains in bottom of pan.
5. Spread coated pecans on baking sheet, bake in 200 degree oven for 2-3 hours, stirring occasionally. (3 hours makes for crisp nuts, 2 hours yields softer nuts. Fine your personal preference.) Remember to stir about every 30 minutes or so.

