

I love adding fruit to my salads. While this recipe doesn't call for it, I often add blueberries or black berries also which increases the fiber.

Splendid Raspberry Spinach Salad

Ingredients:

2 tablespoons Raspberry Vinegar
2 tablespoons Raspberry Jam
¼ cup olive oil
6 cups spinach, rinsed, stemmed and torn into pieces
2 cups romaine
½ cup toasted pecans
1 cup fresh raspberries

Dressing: Combine vinegar and jam in blender or small bowl. Add oil in thin stream, blending well.

Toss spinach with ½ of nuts, ½ of raspberries and the dressing. Top with the remaining ingredients (nuts, raspberries). Serve immediately

Serves 4