

*From the recipes posted in the Garden of Grace
on the Northern Kentucky Herb Society Web Site*

10/29/2009

SPINACH & BACON SALAD

Prep time: 15 minutes; **Cooking time:** 12 minutes; **Makes:** 6 servings

2 bunches spinach washed and dried.	2 tbsp sugar
Remove tough stems	½ cup cider vinegar
6 slices bacon coarsely chopped	2 tbsp olive oil
1 small onion finely chopped	½ tsp salt

Tear spinach into bite size pieces (Or, you can use any type of lettuce.)

In 10-inch skillet, cook bacon over medium heat until browned, about 5 minutes. Or cook bacon in microwave. With a slotted spoon, transfer to towels to dry.

Discard all but 2 tbs bacon drippings from skillet. Add onion to skillet, cook over low heat until tender about 5 minutes. Add sugar, stirring to coat. Stir in vinegar, oil, and salt. Heat to boiling.

Pour hot dressing over spinach. Add bacon and toss until well-mixed and coated with dressing. Serve immediately.

Nutritional data: 152 calories; 4 g. protein; 10 g. carbohydrate.

