



Oldie But Goodie Spinach Salad with Curry Dressing

Serves 8-12

Salad Ingredients

- 1 lb. fresh baby spinach, washed and stems removed
- 2 pink lady or gala apples, cored and sliced thin (leave the peels on)
- $\frac{2}{3}$ c dry roasted salted Spanish peanuts
- $\frac{1}{2}$ c dark raisins
- 1 bunch thinly sliced green onion, white and light green parts only
- 3 T toasted sesame seeds for garnish

Curry Dressing Ingredients

- $\frac{1}{3}$ c unseasoned rice vinegar
- $\frac{2}{3}$ c canola oil or neutral oil-I believe olive oil would be good here too
- 1 T finely chopped mango chutney
- 1 tsp. curry powder
- 1 tsp salt
- $\frac{1}{2}$ tsp dry mustard
- A couple dashes of hot sauce

Instructions

To make the dressing, I dump everything together in a large jar and mix it with a Nutribullet or immersion blender to make it creamier.

Wash, dry and de-stem spinach and place in a large salad bowl. Prepare the other ingredients. Soak the sliced green onions in cold water for a minute, then rinse and dry them. This takes out the "bite" and aftertaste!

Mix apple slices (reserve about $\frac{1}{4}$), peanuts, raisins and onions and place on top of the spinach. Mix with a bit of the dressing, toss and sprinkle sesame seeds on top. I often garnish the very top with extra slices of apple.

Do not overdress the salad. You will need less than half of the dressing recipe. The remaining salad dressing will keep for a long time in the fridge (about two weeks) and is good in grainy, room temperature salads too.