

# Spinach and Pear Salad

Sweet, nutty, smoky, crunch with a hint of heat. This salad has it all!



PREP TIME

10 mins

COOK TIME

5 mins

TOTAL TIME

15 mins



COURSE

Dinner, Gluten Free, Lunch, Sides, Vegetables



SERVINGS

1 serving

CALORIES

312 kcal

## INGREDIENTS

### Salad

- 5 c Spinach
- 1/4 c red onion sliced thin
- 1 Tbsp craisins
- 1/4 c Pear sliced thin
- 1 Tbsp Hazelnuts chopped
- 3 oz Tofurkey Maple Bacon Tempeh

### Dressing

- 2 Tbsp balsamic vinegar
- 1 Tbsp stone ground mustard
- 1 tsp brown sugar
- 1/4 tsp Salt
- 1/4 tsp cracked black pepper

## INSTRUCTIONS

1. In a frying pan or skillet, toast the Tofurkey Bacon until crispy on both sides, about 5 minutes. Let cool and chop into bite sized pieces.
2. In a small bowl, whisk all dressing ingredients together until well incorporated.
3. In a large salad bowl, place your spinach. Toss in dressing to coat.
4. Top with onion, pear, craisins, hazelnuts and tempeh bacon.

## NUTRITION

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### Nutrition Facts

Spinach and Pear Salad

**Amount Per Serving**

<b>Calories</b> 312	Calories from Fat 54
<b>% Daily Value*</b>	
<b>Fat</b> 6g	9%
<b>Carbohydrates</b> 50g	17%
<b>Protein</b> 17g	34%

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!