

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 raisins
- 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

Nutrition Facts

Spinach and Pear Salad

Amount Per Serving

Calories 312 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 50g **17%**

Protein 17g **34%**

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



Tried this recipe?

Let us know how it was!