**Deanna’s Spinach Salad**

Serves 4

SmartPoints per serving: **② ② ②**

For the dressing:

1 cup peaches, strawberries or cherries, fresh, frozen, canned or jarred

* + thawed if frozen
  + drained if canned or jarred

2 tablespoons cider vinegar

2 tablespoons sugar-free maple syrup

1 tablespoon fresh herbs such as basil or sage, optional

¼ each salt and pepper, or to taste

For the salad:

¼ cup thinly sliced onion

1 tablespoon balsamic vinegar

1 (10 ounce) bag pre-washed spinach or baby spinach, large stems removed

2 small apples or pears, cored and chopped

1 cup diced cucumber

1/3 cup reduced-fat blue cheese (available at Food Lion and Publix)

40 shelled pistachios

In a small bowl, combine onions and balsamic and set aside.

Puree all dressing ingredients in a mini chopper or blender until fully blended. If dressing is too thick, add water until desired consistency is reached.

Combine spinach, apples or pears and cucumber in a large salad bowl. Toss with dressing (see note below) and onion mixture. Top with blue cheese and pistachios and serve immediately.

**Note**: If you like your salad lightly dressed, use less of the dressing. Store remaining dressing covered in the refrigerator for up to 5 days.

[**Find more recipes at: deannathechef.com**](http://www.deannathechef.com/)

*From the Kitchen of Deanna Cichon*