

Bistro Dinner Salad

Servings: 2

Slightly adapted from Cooking Light May 2006

Ingredients

1 1/2 tablespoons finely chopped walnuts

2 large eggs

Cooking spray

4 cups spinach

1/8 cup crumbled blue cheese

1 Bartlett pear, cored and thinly sliced

1/2 tablespoon white wine vinegar

1/2 tablespoon extra-virgin olive oil

1/4 teaspoon dried thyme

1/4 teaspoon Dijon mustard

2 slices low sodium turkey bacon

Preparation

1) Place nuts in a small skillet; cook over medium-high heat 3 minutes or until lightly browned, shaking pan frequently. Remove from heat; set aside.

2) Boil eggs until cooked. Set aside.

3) Cook bacon in a skillet over medium-high heat until crisp; cool slightly. Remove bacon from the pan, reserving drippings. Crumble bacon.

4) Combine walnuts, bacon, greens, blue cheese, and pear in a large bowl. Combine walnuts, spinach, blue cheese, and pear in a large bowl.

5) Combine reserved drippings, vinegar, oil, thyme, and mustard in small bowl; stir with a whisk. Drizzle over greens mixture; toss gently. Divide salad mixture among each plate; top each serving with 1 sliced egg.