**SPINACH SALAD**

**1 RECIPE/UNIT**

**Salad**

4 cups crisp spinach, tough stems removed

2 bacon slices, cooked **crisp** and **crumbled**

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2IHKK9S4\MC900233564[1].wmf]()2 hard cooked eggs

3 fresh mushrooms, **sliced**

¼ small red onion, sliced into **paper-thin strips**

Grated cheese (optional)

**Dressing**

½ garlic clove, **minced**

15 mL cider or red wine vinegar

5 mL sugar

½ mL salt

2 mL dry mustard

½ mL ground pepper

25 mL salad oil (vegetable or olive)

**Instructions**

1. Hard cook the eggs by placing them in cold water in a medium saucepan. Bring to a boil on high heat, then immediately reduce heat to simmer. **SET TIMER** for 14 minutes. Immediately after cooking the eggs, run them under cold, running water for 1-2 minutes to cool. Turn water off and leave eggs in cold water in the pot for another few minutes. Remove shell. Carefully cut into thin slices and set aside for garnish.
2. Meanwhile, place bacon in a frying pan. Turn stove to medium-low heat (#3-4). Cook bacon until one side is cooked (meat is no longer red, fat is translucent). Flip bacon using tongs and cook the uncooked side as above. Use a paper towel to remove any excess fat from the bacon. When bacon cools, crumble into small pieces.
3. While the eggs and bacon cook, wash the spinach and pat dry with a tea towel. Prepare the spinach by removing any tough stems. Tear into bite-size pieces (if leaves are large) and place in a salad bowl.
4. Prepare mushrooms (clean them before slicing) and onion. Add to the spinach in the bowl.
5. Grate cheese (optional). Set aside to garnish.
6. Make the dressing: whisk all dressing ingredients together in a small bowl until sugar dissolves. Set aside.
7. Just before serving add the amount of dressing desired (you may not want to use it all) to the bowl of spinach, mushrooms, and onion. Toss to coat.
8. Arrange egg slices on top. Garnish with bacon bits and grated cheese and serve immediately.