

## **Spinach, White Bean, and Bacon Salad with Maple-Mustard Dressing**

### **Dressing:**

1/4 cup maple syrup  
3 tablespoons cider vinegar  
1 tablespoon extra virgin olive oil  
1 tablespoon Dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

### **Salad:**

1 (15.5-ounce) can Great Northern beans, rinsed and drained  
1/2 cup thinly sliced green onions  
1/2 cup finely chopped red bell pepper  
5 bacon slices, cooked and crumbled  
2 (7-ounce) packages fresh baby spinach

1. Combine the first 6 ingredients in a small microwave-safe bowl, stirring mixture with a whisk, and microwave at HIGH 1 minute or until hot.
2. Place beans in a 2-cup glass measure, microwave at HIGH 1 minute or until hot.
3. Combine green onions, bell pepper, bacon, and spinach in a large bowl. Add the syrup mixture and beans, toss well to combine. Serve immediately.

**Makes 8 servings (serving size: about 1-3/4 cups).**

*Per serving: 124 calories, 4.2 gm total fat, 1 gm saturated fat, 5.5 gm protein, 17.6 gm carbohydrates, 2.7 gm fiber, 3 mg cholesterol, 2.2 mg iron, 227 mg sodium, 79 mg calcium.*

Source: *The Best of Cooking Light* 2004

Comments: The warm dressing over the crisp, cool spinach gives this salad a terrific taste. It's great on a summer day! I cut the recipe in half, which resulted in 2 dinner-size servings or 4 salad-size servings. I used Apple Wood Smoked bacon (because I was near a store that carried specialty types of bacon...probably any thick-sliced bacon would work) and served the salad with French bread.