

This special dressing has just the right sweet-and-sour taste to dress up a healthy spinach salad and tastes great on other salads, too. It features fresh thyme which has a softer flavor than the dried herb, which works best with spicy foods. Look for brightly colored leaves and avoid any that look blackened or dry. Keep fresh thyme wrapped in damp paper towels in a plastic bag in the refrigerator for up to 1 week.

Salad:

- 1 (5 oz) bag of spinach
- 1 small cucumber, unpeeled, diced
- 1 pint grape tomatoes, halved if large
- 3 carrots, unpeeled, shredded

Vinaigrette Dressing:

- 12 sprigs thyme, fresh (about 1 Tablespoon leaves) or 3/4 teaspoon dried
- 2 Tablespoons Dijon mustard
- 3 Tablespoons red wine vinegar
- 6 Tablespoons olive oil
- 2 Tablespoons honey or sugar
- 1/2 clove garlic, minced (1/2 teaspoon) or 1/16 teaspoon garlic powder

NOTE: Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. Simply rinse under cold water and then pat dry with paper towels before continuing.

Place the spinach in a large bowl. Dice the cucumber and add to the bowl. Halve the tomatoes, if needed, and add to the bowl. Shred the carrots and add to the bowl. If you don't have a grater or peeler for shredding, the carrots may be thinly sliced crosswise to make thin carrot coins. Toss the vegetables lightly to combine.

Remove rinsed thyme leaves from stems by scraping the stem with the back of a knife, or by pulling backwards against the stem through the fingers or tines of a fork. Bunch the leaves together in a small pile and chop as fine as you'd like. Add the thyme to an 8 oz. or larger jar with a tight fitting lid. Add the mustard, vinegar, oil, honey or sugar, and the garlic. Close jar with lid and shake until the ingredients are well combined.

Drizzle dressing over the salad ingredients and toss to coat.

Serves 12

Calories 90; Fat 7g; Protein 1g; Carbohydrates 7g; Fiber 1g; Sodium 82mg.

NOTES: _____

Total Cost: \$10.31

Cost Per Serving (12): \$0.86

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