



HARVEST OF THE MONTH

DECEMBER 2020

RECIPE SPINACH WINTER SALAD

A delicious salad that would be great served with a holiday dinner, or as a quick lunch.



Qty	Salad Ingredients
4 cups	Spinach
1	Apple, thinly sliced
1	Pear, thinly sliced
¼ cup	Pumpkin Seeds
¼ c	Dried cranberries
3 Tbsp	Chopped Pecans

Step	Instructions	Serves 4
1	Juice the orange into a small bowl. Add in the salt and cinnamon. Whisk to combine.	
2	Add the olive oil the orange juice mixture and whisk until well blended.	
3	Slice the Pear and Apple into thin slices.	
4	Place the Spinach into a large bowl.	
5	Top with the pear, apple, pumpkin seeds, dried cranberries and pecans.	
6	Pour the dressing over the salad.	
7	Mix the salad to coat with dressing.	
8	serves	

Orange Cinnamon Dressing

2 Tbsp	Olive Oil
1	Orange, juiced
1 tsp	Cinnamon
Pinch	Salt

