

Strong@Heart Red Salad

½ cup chopped pecans, roasted
1 bunch spinach, rinsed
1 red apple, sliced thin
½ red pepper, sliced
Cherry tomatoes
¹ / ₄ cup dried cranberries
2 Tablespoons pomegranate seeds
<u>Dressing</u>
2 Tablespoons red raspberry jam
2 Tablespoons vinegar
1/3 cup oil
Salt and pepper to taste
Arrange pecans on baking sheet. Toast in 375°F oven for 5 minutes, or until nuts begin to
brown. Cool.
Toss nuts together with salad ingredients in a large bowl. Set aside.
For the dressing, combine jam, vinegar, oil, pepper, and salt in a small bowl. Whisk

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together. Pour dressing over salad to taste. Toss to coat.