

Strong@Heart Red Salad

½ cup chopped pecans, roasted

1 bunch spinach, rinsed

1 red apple, sliced thin

¼ red pepper, sliced

Cherry tomatoes

¼ cup dried cranberries

2 Tablespoons pomegranate seeds

Dressing

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