

Ham and Spinach Salad

This recipe first appeared in **Better Homes and Gardens Magazine**

Preparation Time: 25 minutes

Ingredients:

1/2 of a small cantaloupe
7 C torn fresh spinach
1 C cubed fully cooked lean ham
1/2 of a medium red onion, thinly sliced
1/2 C toasted pecan halves
1/3 C Orange-Poppyseed Dressing (see recipe below)

Directions:

Remove seeds and peel from cantaloupe. Thinly slice cantaloupe lengthwise; using miniature cutters, cut melon into stars (Or use a melon-baller to scoop melon half into balls). In large serving bowl toss together cantaloupe, spinach, ham + red onion. Cover/chill till needed, up to 8 hours.

Before serving, add pecans + dressing to mixture. Toss to mix.

Orange-Poppyseed Dressing: In food processor bowl or blender container, combine 3 TBS sugar, 1-1/2 tsp finely shredded orange peel, 2 TBS orange juice, 2 TBS vinegar, 1 TBS finely chopped onion and a dash pepper. Cover/process or blend till combined. With processor or blender running, slowly add 1/3 C salad oil in a steady stream through hole or opening in top. Process or blend till mixture is thickened. Stir in 1 tsp Poppyseed. Cover/chill till needed, up to 1 week. Shake before using. Makes 3/4 C.

Serving Size: Makes 4 main-dish or 8 side-dish servings

(per Serving: 286 calories; 19 g carbohydrates; 19 mg cholesterol; 20 g fat; 507 mg sodium)