

SPINACH SALAD

SOURCE: It's a Secret Cookbook (each recipe has a secret/special ingredient)

INGREDIENTS:

1 lb fresh raw spinach leaves, washed well, drained/chilled
8 slices crisply cooked bacon, crumbled
1/4 lb fresh mushrooms, sliced thin
1/4 C olive oil
2 TBS brown sugar
2 TBS red wine vinegar
2 TBS GRAPEFRUIT JUICE (this recipe's secret)
1 TBS soy sauce
1/4 tsp Tabasco sauce
1/4 tsp garlic salt
1 tsp toasted sesame seed
1/2 tsp dry mustard

DIRECTIONS:

Tear spinach leaves into pieces & put into large salad bowl. Add bacon pieces + mushrooms slices. Blend GRAPEFRUIT JUICE, oil, vinegar, brown sugar, soy sauce, Tabasco & garlic salt. Toast sesame seeds about 5 minutes in 350° F oven till light golden brown. Add seeds to well blended dressing mixture. Toss everything together and serve on chilled plates.