

SPINACH AND APPLE SALAD WITH MANGO CHUTNEY DRESSING

SAFEGWAY
Ingredients for life.

“Spinach leaves, toasted pecans, sliced apples and raisins, generously coated with a sweet and tangy dressing, makes a delicious first course salad. For a main dish salad, add cooked chicken or turkey.”

Prep time: **15** minutes

Ingredients:

3 tbsp	Patak Sweet Mango Chutney
½ cup	Safeway SELECT Verdi Extra-Virgin Olive Oil
½ tsp	curry powder
½ tsp	dry mustard
½ tsp	salt, or to taste
8 oz	spinach leaves
1	Red Delicious apple, cored and sliced
¾ cup	pecan halves, toasted at 350 degrees for 10 minutes
½ cup	golden or dark raisins

Directions:

1. To make dressing, in a food processor or blender, mix chutney, oil, curry powder, mustard and salt until blended.
2. In a salad bowl, mix spinach, apple, pecan and raisins.
3. Pour over desired amount of dressing and toss well. Serve immediately.

Makes 4 servings.



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SAFEGWAY SIGNATURE SOUP is a flavourful ingredient to make these amazing restaurant quality dishes right in your own home. These recipes ALWAYS SATISFY!

