

Bacon and Egg Spinach Salad

Spring 2012

Publix GRAPE Magazine

Servings: 4

Start to Finish Time: 45 minutes

12 ounces tiny red new potatoes, scrubbed

6 ounces (2 cups) fresh green beans

8 slices bacon

8 ounces (3 cups) baby bella or button mushrooms, halved

2 cloves (1 teaspoon) garlic, minced

4 eggs

salt and ground black pepper

1 package (5 to 6 oz) fresh baby spinach

RASPBERRY DRESSING

1/3 cup canola oil

1/3 cup raspberry vinegar

2 tablespoons honey

2 teaspoons bottled chipotle pepper sauce

1 teaspoon Dijon-style mustard

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cumin

For the Raspberry Dressing. In a small bowl, whisk together the canola oil, vinegar, honey, chipotle sauce mustard, cinnamon and cumin. Set aside.

Cut each potato in half. Place the potatoes in a 12-inch skillet. Add water to cover the potatoes. Bring to a boil. Reduce the heat and simmer, covered, for 5 minutes.

Add the green beans and return to a boil. Reduce the heat and simmer, covered, for 5 minutes more or until crisp-tender. Drain and rinse in cold water.

Wipe out the skillet to dry. Add the bacon to the skillet and cook until crisp. Drain on paper towels. Reserve two tablespoons of drippings in the skillet. (Reserve additional drippings to use as needed for cooking the potatoes and eggs.)

Add the mushrooms and garlic to the skillet. Cook over medium-high heat for 4 minutes or until browned and tender. Remove from the skillet. Cover to keep warm.

Add the potatoes to the skillet. Cook over medium heat for 8 to 10 minutes, turning to brown on the cut sides and adding reserved drippings as needed. Remove the potatoes from the skillet.

Break the eggs into the skillet. Sprinkle with salt and pepper. Reduce the heat to low. Cook the eggs for 4 to 5 minutes or until the whites are completely set and the yolks start to thicken. For more doneness on top, cover during the last 2 minutes of cooking.

Line plates with spinach. Top each plate with beans, bacon, mushrooms, potatoes and one egg.

Add the raspberry dressing to the skillet to warm.

Drizzle the salads with some dressing. Pass the remaining dressing during service.

Per Serving (excluding unknown items): 271 Calories; 24g Fat (78.7% calories from fat); 4g Protein; 11g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 219mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates.