

Toasted Pecan Salad with Vinaigrette Dressing



The perfect odd-hour salad snack packed with fresh spinach leaves, toasty pecan nuttiness, yummy onion crunch, soft cheese & zingy vinegar dressing.

Ingredients for 2 serving (US/Metric)

- 4.5 *cup* Spinach
- 152g / 5.4oz Feta cheese
- 87g / 3.1oz Pecan nuts
- 38g / 1.3oz Red Onions
- 4.5 *tbsp* Olive oil
- Apple Cider Vinegar
- Salt & pepper to taste

Nutrition (US/Metric)

- **Protein:** 8%
- **Fat:** 88%
- **Net carbs:** 4%

Instructions

1. Set the oven for preheating at 450°F (230°C). Spread out the pecans in a baking sheet and toast them in the preheated oven for 3 minutes. Take them out and set aside to cool.
2. Next, peel & quarter a red onion. Take 2 of the quartered pieces and slice them finely.
3. Prepare the salad dressing by whisking the oil along with vinegar, salt & pepper.
4. In a large bowl add the toasted pecans, prepped red onions, spinach, and feta cheese (crumbled). Mix them nicely.
5. Drizzle half of the dressing and toss lightly. Add the remaining half of the dressing on top.
6. Serve right away!