



Kristin's Spinach Salad

(Adapted from Sunset Magazine's Favorite Recipes for Salad, 1980)

Given to us by Jackie Rhoades

Taken from the Times Call May 14, 2008

3 Tbsps. Pine Nuts

Large bunch of fresh spinach

1/4 to 1/2 medium-sized head of Cauliflower, sliced thinly

1 Large Ripe Avocado

Lemon Juice

3 Tbsp. Canola oil

1 1/2 Tbsps. white wine vinegar

1 clove of garlic, minced

1/2 tsp. salt

1/2 tsp. dry mustard

1/2 tsp dried basil leaves

Jackie adds some red onion

Place pine nuts in shallow pan and toast in 350* oven until lightly brown. Watch carefully so they don't burn! Clean spinach and sliced cauliflower in salad bowl. Peel, pit and dice avocado. Sprinkle with lemon juice to discourage browning. Whisk together garlic, oil, vinegar and seasonings. Pour over spinach cauliflower mixture. Toss in avocado and (red onion) and gently mix in nuts.