

SPINACH “SUPER” SALAD with RED WINE VINAIGRETTE

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Simple, fresh ingredients truly create the best dishes! This bright, flavorful salad tantalizes the tastebuds with superfood ingredients such as spinach, mushrooms, cranberries, nuts and fermented cheese. It holds its own, yet is a wonderful complement to any entrée especially those that are richly seasoned. All of the components can be prepped ahead and stored separately, making assembly a breeze when ready to serve. To create an entrée salad, add grilled chicken or salmon, pan-fried tofu, or chickpeas.

The trick to creating a tasty vinaigrette is using a good quality red wine vinegar either from the grocery store or from an oil and vinegar shop. A few grocery store brands that receive high marks are:

- Laurent du Clos Red Wine Vinegar
- Pompeian Gourmet Red Wine Vinegar
- Martin Pouret Vinaigre D’Orléans Vin Rouge
- Holland House Red Wine Vinegar
- Lucini Pinot Noir Italian Wine Vinegar

Makes: 4 - 6 servings

Prep Time: 15 - 20 minutes

INGREDIENTS

Vinaigrette

1/3 cup good quality red wine vinegar
1 clove garlic, minced
1 teaspoon fresh thyme leaves, or heaping 1/4 teaspoon dried thyme
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup extra virgin olive oil

Salad

1 pound fresh baby spinach leaves
5 oz. mushrooms (cremini or white button) – thinly sliced
1/2 small red onion – thinly sliced
1/2 cup dried cranberries
2 – 3 oz Gruyere, Emmental or Blue cheese, shredded or crumbled (vegan cheese may be substituted)
1/2 cup toasted walnuts or pistachios, roughly chopped

DIRECTIONS

1. In a medium bowl, whisk together the vinegar, garlic, thyme, mustard, salt, and pepper. Slowly add the olive oil and whisk until emulsified. (The ingredients may also be mixed in a blender.)
2. In a large salad bowl, place all of the salad ingredients EXCEPT the cheese and nuts. Toss gently to combine. Pour a small amount of the vinaigrette over the salad - just enough to lightly coat - and toss gently to combine. Add additional vinaigrette as needed. Top with the cheese and nuts. Serve immediately.