

SPINACH SALAD WITH PEARS AND WALNUTS *(from the Bewitching Kitchen)*

for the salad:

a bunch of spinach leaves, preferably baby spinach
a handful of walnuts, lightly toasted with a touch of salt
one or two Bartlett pears, peeled and thinly sliced
feta cheese crumbled, amount to taste
pomegranate seeds, sprinkled with abandon

for the dressing:

3 tablespoons grape seed oil
2 tablespoons apple cider vinegar
1 teaspoon honey
a touch of mustard
salt and pepper to taste

Make the dressing by whisking all the ingredients together. I actually prefer to add everything but the oil, so that the salt dissolves well into the vinegar. Whisk the oil, make a nice emulsion and reserve.

Add the spinach leaves to a platter, place all other components on top. Add the dressing, toss the leaves very gently to coat. Serve right away.