

Warm spinach, Bean & Bacon Salad with a maple dressing

Serves: 4

Ingredients:

225g lean bacon, chopped
450g spinach, washed
Handful of French beans
3 tablespoons of walnuts, chopped in half
2 tablespoons of sherry vinegar
1 tablespoon of maple syrup
3 tablespoons of Sunflower oil

Method:

1. Boil French beans until tender, drain & refresh with cold water
2. Fry bacon in non stick pan until crisp, remove from pan and keep warm
3. Add sherry vinegar, sunflower oil, walnuts and maple syrup to the pan.
4. Tear spinach into bite sized pieces and add to the pan along with the cooked French beans.
5. Stir until wilted and serve with the bacon scattered on top.

This recipe is rich in lutein, vitamins AC & E, full of eye-boosting antioxidants.

Recipe developed by Registered Nutritionist, Angels Dowden on behalf of The Guide dogs for the Blind Association(Feb 2003)