

FAB RECIPE – WEEK OF 30 JULY 2012

Roasted Pear and Spinach Salad with Spiced Pecans



Nutritional Value per 1-cup serving:

Calories: 155

Calories from Fat: 107

Total Fat: 12 g

Saturated Fat: 1.3 g

Total Carbs: 12 g

Fiber: 4 g

Protein: 3 g

Sodium: 42 mg

Cholesterol: 1 mg

YIELD: 4 x 1-cup servings

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

Details:

Isn't your mouth watering after just reading the title of this one? Between perfectly roasted pears, crisp spinach and spectacularly spiced pecans your taste buds will be taken to a whole new level!

Ingredients

- ½ cup / 120 ml pecans
- 1 tsp / 5 ml Sucanat or other unrefined sugar
- 1/8 tsp / 0.625 ml Chinese five spice powder
- 1/8 tsp / 0.625 ml chili powder
- Pinch cayenne pepper
- Pinch each sea salt and freshly ground black pepper
- 1 pear, cored and cut into ¼-inch slices
- 4 cups / 950 ml baby spinach, packed
- 1 Tbsp / 15 ml white balsamic vinegar



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- ½ Tbsp / 7.5 ml extra virgin olive oil
- 2 tsp / 10 ml blue cheese, such as Roquefort, crumbled

Preparation

1. Preheat oven to 425°F (220°C). Spread pecans on a baking sheet. In a small metal bowl, mix together Sucanat, Chinese five spice powder, chili powder, cayenne, sea salt and pepper. Toast pecans for 5 minutes. Remove and add to bowl with spices. Toss to combine, then scrape back onto baking sheet and place in oven to melt spices and brown sugar onto nuts, 2 or 3 minutes. Remove and set aside.
2. Place pear slices on a baking sheet and roast in oven until lightly browned around the edges, 5 to 8 minutes. Transfer roasted pears to a salad bowl, and add spinach.
3. In a separate small bowl, whisk together vinegar, olive oil and blue cheese. Pour over spinach and pears and toss. Divide salad among four plates and top with spiced pecans.

Source: www.eatingcleandiet.com