

spinach salad with Mango And Candied Pecans

Bon Appétit | April 2000

by Katie Morford, San Francisco, CA

Katie occasionally substitutes a couple of Fuyu persimmons for the mango. The pecans are nice on their own as a snack.

Yield: Makes 4 servings

ingredients

Nonstick vegetable oil spray

1/4 cup (packed) golden brown sugar

6 tablespoons olive oil

3 tablespoons balsamic vinegar

1 cup pecan halves

1 6-ounce bag baby spinach leaves

1 large mango, peeled, pitted, cut into thin wedges

preparation

Spray sheet of foil with nonstick spray. Stir sugar, 1 tablespoon oil and 1 tablespoon vinegar in heavy medium skillet over medium heat until sugar melts and syrup bubbles, about 3 minutes. Mix in pecans. Stir until nuts are toasted and syrup coats nuts evenly, about 7 minutes. Turn nuts out onto prepared foil. Using fork, separate nuts and cool completely (coating will harden).

Combine spinach, mango and cooled pecans in large bowl. Whisk remaining 5 tablespoons oil and 2 tablespoons vinegar in small bowl to blend. Season dressing with salt and pepper. Toss salad with enough dressing to coat.