

Strawberry Salad with Spiced Pecans

Ingredients:

Salad:

- Mixed greens
- Green onions, thinly sliced
- Fresh strawberries, rinsed and sliced
- Spiced pecans (recipe below)
- Bleu cheese or feta
- Craisins



Red Wine Vinaigrette Dressing:

- ½ c. Crisco canola oil
- ¼ - 1/3 c. Splenda
- 1/3 c. red wine vinegar
- 1 garlic clove, crushed
- ¼ t. salt
- ¼ t. pepper
- ¼ t. paprika

Spiced Pecans:

- 1-1/2 c. pecan halves
- 5-6 T. sugar
- ½ t. chili powder
- Few dashes cayenne pepper

Instructions:

Combine pecans, sugar and spices in small saucepan over medium heat, stirring constantly until sugar begins to dissolve. Coat pecans well. When sugar is dissolved (be careful not to burn), spread pecans out on waxed paper and allow to cool.

Combine greens, onions, strawberries, and craisins. Add vinaigrette, pecans, and bleu cheese just before serving.