

Recipe – Spinach and Mushroom Salad

Ingredients:

- 3 slices of organic bacon
- 2 tsp unrefined coconut fat or olive oil
- 1 tsp light vinegar to deglaze the pan
- splash of water
- 2 cups thinly sliced mushrooms
- 2 bags of spinach, washed and spun
- ½ cup pecans, chopped
- ¼ cup olive oil
- 2 cloves garlic
- 3 drops stevia
- 2 TBS light vinegar
- salt to taste

Directions:

Cook the bacon in the fat until crispy, don't let it get too dark.

Remove bacon and chop.

Add 1 tsp vinegar and splash of water to deglaze the pan, stirring up the brown bits.

Turn off heat and toss the mushrooms in the fat on retained heat.

Whisk the garlic, olive oil, stevia and 2 TBS vinegar to make the dressing. Salt to taste.

Mix the spinach with wilted mushrooms, bacon and pecans.

Wait until ready to serve to add the dressing.

Serves 6 - 8