

A FISTFUL OF PECANS

...MAKES A HEALTHY ADDITION.

DOES MEAL PLANNING DRIVE YOU NUTS?



Think pecans. A cool salad is the perfect antidote to a hot Texas afternoon. Add crunch to this Mandarin Spinach Salad with roasted pecans.

DID YOU KNOW?

ONE OUNCE OF PECANS HAS ABOUT THE SAME AMOUNT OF FIBER AS A MEDIUM-SIZED APPLE AND PROVIDES 10 PERCENT OF AN ADULT'S DAILY NEEDS.



MANDARIN-PECAN SPINACH SALAD

- 1 pound fresh baby spinach
- 1 can (15 ounces) mandarin oranges in light syrup
- Pecan-Orange Dressing
- 1 cup roasted pecans, chopped
- 1/2 cup red onion, chopped (optional)

Wash spinach and pat dry. Drain oranges, reserving 2 tablespoons of juice. Toss spinach and orange slices together in large bowl with Pecan-Orange Dressing. Top with roasted pecans and, if desired, chopped onion. To roast pecans, heat oven to 250 degrees and put pecans in roasting pan with 2 tablespoons butter. Check and stir every 10 minutes. Remove when done to your taste.

PECAN-ORANGE DRESSING

- 2 tablespoons mandarin orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 2 tablespoons pecan oil (can substitute olive oil)

Place in container with tight lid. Shake.



FOR MORE TEXAS PECAN RECIPES, PLEASE VISIT OUR WEBSITE: TEXASPECANS.ORG