

Spinach-Black Bean Salad with toasted walnuts

Ingredients

- 4 cups baby spinach, packed
- 1 cup cooked black beans, well drained
- 2 medium carrots, shredded
- ¼ cup red onion, finely diced
- ¼ cup walnuts
- small handful of fresh calendula flower petals if available

Method

1. Soak spinach leaves in bowl of tepid water, drain, spin in salad spinner to remove most of the water clinging to leaves.
2. Toast walnuts at 350 F in single layer on tray in oven or toaster oven for about 5-10 minutes. Once they just start to brown and smell toasted, remove them immediately from the tray. If using the stovetop, heat a heavy pan over medium heat and add nuts to hot, dry pan in a single layer. Watch the pan constantly, stir frequently until walnuts start to brown and smell toasted, about 5 -8 minutes. Transfer to a plate in single layer to help them cool evenly. Cut or break up nuts to a size that retains the crunch.
3. Shred carrots with the medium holes of a grater. Dice red onion. Add both to the spinach. Toss gently. Top with walnuts and calendula petals (optional).
4. Top with Apple Cider Vinaigrette (see separate recipe).

Notes



A simple salad, made bright by the addition of petals from Calendula flowers. If its a mild winter, you'll find a few vivid yellow or orange Calendula blooming in the garden. Ask me for seeds if you'd like to start a patch.

Source: Mary Scott (4 servings)
