



Curried Spinach, Walnut, and Orange Salad

Serves 6

- 1/2 cup golden raisins
- 10 oz. fresh spinach, cleaned, dried, stems trimmed, and torn into bite-sized pieces
- 3 scallions, chopped
- 1 large orange, peeled and diced
- 1/2 cup chopped walnuts
- 1/3 cup olive oil
- 3 tbsp. white wine vinegar
- 1 tsp. sugar
- 1/2 tsp. ground cumin
- 1/2 tsp. Madras curry powder
- 2 Tbsp Inger-Raisin (or your favorite) chutney
- ¼ tsp each salt and freshly ground black pepper
- 3 six-inch whole wheat pitas, cut into halves

Soak the raisins in boiling water until they are plumped, about 5-10 minutes. Drain thoroughly and dry with paper towels. Combine the spinach, scallions, orange, walnuts, and raisins in a large salad bowl.

Whisk together the olive oil, vinegar, sugar, cumin, curry powder, chutney, salt, and pepper.

Pour the dressing over the salad and toss gently to coat. Taste to correct seasonings. Serve immediately and surround with freshly made whole wheat pita halves.

Nutritional Analysis

Serving Size: 1/6 salad with ½ pita

Calories	340
Fat	20g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	310mg
Carbohydrates	37g
Fiber	6g
Protein	7g

Diabetic Exchanges:

Protein	1
Carbohydrates	2
Fat	4