

# Warm Spinach, Mushroom, and Bacon Salad



*Hands-On Prep* 10 MIN

*Cook* 15 MIN

*Serves* 6

1 Place the spinach and mushrooms in a salad bowl; set aside.

2 Heat the oil in a large nonstick skillet over medium heat. Add the broth, red onion, orange zest, orange juice, vinegar, and salt. Cook, stirring occasionally, until the onions are very tender and the liquid has thickened and reduced to  $\frac{1}{2}$  cup, about 15 minutes. Remove the skillet from the heat; let stand until the dressing cools slightly, about 10 minutes.

3 Pour the warm dressing over the spinach and mushrooms; toss to coat. Sprinkle with the bacon pieces and pepper. Serve at once.

**PER SERVING** (2 cups): 86 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 1 mg Chol, 238 mg Sod, 8 g Carb, 2 g Fib, 3 g Prot, 58 mg Calc.

**POINTS** value: 2.

- 1 (10-ounce) bag triple-washed fresh spinach, torn into bite-size pieces
- 1 (10-ounce) package sliced fresh mushrooms
- 2 tablespoons olive oil
- 2 cups reduced-sodium vegetable broth
- 1 red onion, thinly sliced and separated into rings
- 1 teaspoon grated orange zest
- $\frac{1}{4}$  cup fresh orange juice
- 2 tablespoons apple-cider vinegar
- $\frac{1}{4}$  teaspoon salt
- 1 crisp-cooked bacon slice, crumbled
- $\frac{1}{4}$  teaspoon freshly ground pepper

*Express Lane* Use 8 cups baby spinach, and you won't have to stem it and tear it into bite-size pieces.