Tomato Spinach Salad with Red Pepper Dressing



Salads are one of the best ways to load up on fresh vegetables. This salad is a great example. The extra flavor from the roasted red pepper in the dressing gives peppers a fun twist. Prepare the greens and vegetables ahead of time so it is ready to go for dinner. The dressing can be made and kept for several days in the refrigerator.

Timing

Prep time	Total time	Skill level
25 mins	**25 mins**	**Easy**

What You'll Need

Tomato Spinach Salad

- 2 cups spinach
- 2 cups lettuce or baby greens
- 1 medium tomato, cut into chunks
- 1 red pepper, seeded
- 1 orange, peeled
- 1 cup cucumber slices, cut in half circles
- 1/4 cup sundried tomatoes
- 1/2 cup feta cheese, cut into small chunks

Red Pepper Dressing

- 1 roasted red pepper, cut in small pieces
- 1 tbsp white onion, chopped in to small pieces
- 2 tbsp olive oil
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp fresh parsley
- 1/2 tsp mustard
- 1 tsp raw honey
- Sea salt (or table salt) and pepper to taste

Directions

1. Place the spinach, lettuce green, red pepper and tomatoes into a bowl.
2. Peel the orange apart into wedges and cut the wedges into three pieces. Remove any seeds. Add to the bowl along with the cucumber slices, sundried tomatoes and the feta cheese.
3. Make the red pepper dressing by placing all the ingredients in a blender and blend.
4. Pour the dressing on the salad and toss. Adjust to taste with sea salt and pepper, if needed. Serve.

Tip: Hold off adding the dressing to the salad until serving.

To roast a red pepper: Cut the red pepper in half and remove the seeds. Flatten the two pieces of red pepper and place on a tray. Put the tray under the broiler and blacken the skin. Let cool and peel off the skin. Use as directed in the recipe.