

Curried Spinach, Walnut and Orange Salad

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| 1/2 cup | golden raisins |
| 10 oz | fresh spinach, cleaned, dried, stems trimmed, 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 |
| 1/4 tsp | each, salt and freshly ground black pepper |
| 3 six-inch | whole wheat pitas, cut into halves |

1. 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.
2. Whisk together the olive oil, vinegar, sugar, cumin, curry powder, chutney, salt, and pepper.
3. 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. Serves 6.

Nutrition Facts

Serving size: 1/6 salad with 1/2 pita

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| Calories | 340 |
| Total Fat | 20 g |
| Saturated Fat | 2.5 g |
| Cholesterol | 0 mg |
| Sodium | 310mg |
| Carbohydrate | 37g |
| Dietary Fiber | 6g |
| Protein | 7g |

Diabetic Exchanges

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|--------------|---|
| Protein | 1 |
| Carbohydrate | 2 |
| Fat | 4 |