W Wholehearted Yoga

Spinach Salad with Basil Dressing

Basil Dressing

½ cup olive oil (or less to taste)
¼ cup red wine vinegar (or more to taste)
1 TBSP dried basil, crumbled
2 tsp sugar
2 large garlic cloves, minced
½ tsp salt
½ tsp ground pepper

Combine all ingredients in blender or processor and mix well. You can make this ahead. It stays well for a few weeks in the refrigerator. Bring to room temperature and shake well before using.

Spinach Salad

½ to 1 small bag salad spinach 1 avocado - cut into bite-sized pieces ¼ small red onion, very thinly slices and then chopped ½ cup feta cheese (4 oz) crumbled ½ cup pecans or walnuts - toasted and chopped

Put all salad ingredients in a big bowl. Shake the Basil Dressing well before pouring over the salad and toss. Serve immediately.

The story behind the recipe The first time I ever made dinner for my husband (30 years ago!), I made this salad. He politely pushed all of the avocado pieces to the side but gobbled up the rest of the salad eagerly. The dressing is the secret making this salad a crowd-pleaser no matter what ingredients you add or omit. Enjoy!