

Mom H's Spinach Bacon Salad

Description

1lb. fresh spinach
¼ to ½ lb bacon
19 oz. can chick peas, drained
2 ripe tomatoes, diced
¼ lb (125g) sliced mushrooms
½ cup olive oil
2 Tbsp red wine vinegar
1 clove garlic, minced
¼ tsp sea salt
Freshly ground black pepper
Pinch of red chilli pepper flakes

Tear spinach into bite size pieces. Set aside in salad bowl. Cook bacon until crisp. Crumble and set aside. In a large bowl, combine the olive oil, red wine vinegar, sea salt, pepper and red chili pepper flakes. Whisk together until blended. Add the chick peas, bacon, tomatoes and mushrooms. Stir and toss until coated. Just before serving, add spinach and toss

Summary

Yield: 8

Prep Time: 15 minutes

Category: Salads

Ingredients

Instructions