

POPEYE'S SPINACH SALAD

MAKES 8 1/2-cup SERVINGS

1 large egg
4 cups fresh spinach leaves (about 1 bunch)
1-1/2 teaspoons apple cider vinegar or other vinegar
3 Tablespoons olive oil or vegetable oil
1 small garlic clove, minced or crushed through a press (optional)
1/3 cup chopped pecans, walnuts or other nuts OR 1/3 cup crumbled feta cheese or grated mozzarella cheese
Salt and pepper to taste

Place egg in a saucepan and cover with cold water. Cook uncovered over medium heat until water just comes to a boil. Remove from heat, cover, and let sit 20 minutes. Drain water and rinse egg with cold water to stop the cooking. Peel and chop egg. Chop nuts or grate or crumble cheese and set aside.

To make dressing, combine vinegar, garlic (if desired) and oil in a small jar. Screw lid on tightly and shake until well blended.

Wash and dry spinach leaves (using a salad spinner or colander). Tear into bite-size pieces and place in salad bowl. Sprinkle with chopped egg, nuts, and/or cheese. Drizzle dressing over salad and toss to coat. Season with salt and pepper to taste. Serve at once.

Skills Developed

Boil	Measure
Peel	Mix
Chop	Grate

