

# balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Spinach, Bacon, Feta and Mandarin Orange Salad

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Serves: 4

### **Ingredients:**

2 tablespoons sugar  
1 tablespoons Dijon mustard  
1 tsp sesame seeds  
1 tablespoons sesame oil  
½ cup vegetable oil  
¼ cup apple cider vinegar  
Salt to taste  
8 cups spinach leaves  
½ cup crumbled feta cheese  
½ pound bacon, cooked and crumbled  
¼ cup thinly sliced red onion  
1 (11-ounce) can mandarin oranges, well drained

### **Directions:**

1. Combine first seven ingredients in a small container with tight-fitting lid and shake until well combined. Chill in the refrigerator for 30 minutes.
2. Combine remaining ingredients. Toss with a few tablespoons of dressing and serve.

Tip: Most homemade dressings can last in the fridge for up to two weeks.