

Salads

SALAD WITH SPINACH, HAM, AVOCADO AND PASTA



8oz (250gr) ham, cooked
1 avocado
1/2 cup (3oz, 90gr) cherry tomatoes
6oz (180gr) fresh spinach
1 tbs fresh snipped chives
1 tbs marjoram or oregano leaves
1/2 cup (2oz, 60gr) shredded cheese (cheddar, Colby)
3/4 cup dry, bite-size, whole-wheat pasta
White Balsamic Vinaigrette

Cook pasta according to package instructions.

While waiting for the water to boil, prepare salad:

Make Vinaigrette. Slice ham into large strips. Sauté the ham if you like, set aside.

Wash spinach if needed and spin dry. Cut any large leaves in half. Cut cherry tomatoes in half. Cut avocado, slice it thickly, then cut into chunks. Snip/strip herbs.

When pasta is done, drain but don't shake every last bit of water off.

To assemble salad: Put spinach into a large bowl. Add hot, drained pasta and toss lightly to combine. Add half of the vinaigrette and toss to coat. Add the ham, avocado, herbs and tomatoes, toss lightly. Taste and adjust vinaigrette, adding more if you like. Sprinkle with cheese and serve, any remaining vinaigrette on the side.

White Balsamic Vinaigrette

1 tbs Dijon-style mustard
2 tbs white Balsamic vinegar
3 tbs Greek yogurt
5 tbs olive oil, the good stuff

Place mustard, vinegar and yogurt, in a small bowl and whisk to combine. Slow add olive oil, whisking constantly, to combine. It should be thick and emulsified when finished.

Source: http://thyme2.typepad.com/thyme_for_cooking_/2008/05/salad-with-spinach-ham-avocado-and-pasta-and-123-youre-it.html
