

Warm Spinach Salad with Pork & Pears

Serves 4 | Total Time: 25 minutes



Ingredients:

Cooking spray

1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 slices

1/2 teaspoon salt, divided

1/4 teaspoon black pepper, divided

3 tablespoons water

3 tablespoons sherry vinegar or red wine vinegar

1 tablespoon extra-virgin olive oil

2 cups thinly sliced Anjou or Bartlett pear (about 2)

1/4 cup golden raisins

1 (5-ounce) package baby spinach

2 tablespoons crumbled blue cheese

Directions:

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle pork evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Add pork to pan; cook 4 minutes on each side or until browned.
2. Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, 3 tablespoons water, vinegar, and oil in a small bowl, stirring with a whisk.
3. Combine pear, raisins, and spinach in a large bowl; toss well. Arrange 2 cups spinach mixture on each of 4 plates, and drizzle evenly with vinegar mixture. Top each serving with 3 pork slices and 1 1/2 teaspoons cheese.