

Spinach Salad with Mustard Honey Vinaigrette

1 lb. baby spinach
1/2 lb. white mushrooms, thinly sliced
2 T. honey
1 T. Dijon mustard
1/4 c. red or white vinegar
1/2 c. canola oil
Sea salt and fresh ground pepper to taste
1/4 c. sunflower seeds
1/2 c. cherry tomatoes

In a small bowl, stir together honey, mustard and vinegar. Add oil in a slow steady stream, whisking constantly. Season to taste with salt and pepper. In a large salad bowl, toss spinach, mushrooms and sunflower seeds. Arrange on plates and garnish with cherry tomatoes.