

Wilted Spinach Salad



Ingredients

- 1 5-6oz package fresh spinach
- 2 granny smith apples (cored and sliced)
- 2 Tbsp Balsamic vinegar
- 1 Tbsp honey
- 8 eggs
- ½ cup Blue Cheese crumbled
- ½ cup red onion
- Olive oil

Directions

1. In a large bowl place spinach and onion.
2. In skillet cook apples in oil 3 -4 minutes until apples are tender, stir in vinegar and honey and bring to a boil.
3. Pour in the bowl of fresh spinach and onions, toss until wilted.
4. In same skillet add oil and cook 4 eggs at a time sprinkle with half of the Blue Cheese salt & pepper to taste.
5. Reduce heat until whites are set.
6. Place wilted spinach in to 4 bowls, add 2 cooked eggs on top and sprinkle a little pepper and serve.

BY Kris Winkelman

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