



trifit

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## **Autumn supper salad**

Use the leftovers from the Roasted pork tenderloin with autumn vegetables and fruit recipe to create this simple and quick healthy meal.

### Ingredients

- 1 cup roasted pears and apples leftover from Roasted pork tenderloin recipe
- 2 tbsp cider vinegar
- 1 tbsp olive oil
- 1 pork tenderloin leftovers from Roasted pork tenderloin recipe
- 4 cups red leaf lettuce, washed, dried and torn into bite size pieces
- 2 cups baby spinach, washed and dried
- ½ red onion, thinly sliced
- 1 red apple, thinly sliced

### Directions

1. To make the dressing place the first three ingredients into a food processor and puree or mash thoroughly with a fork. Set aside.
2. Place lettuce and spinach in a large bowl. Add dressing and toss.
3. Divide the salad between 4 plates and top each plate with apple slices, red onion and slices of pork. Serve.

Serves 4 Nutritional information per serving - 259 calories, 23g protein, 11g fat

Source [www.heartandstroke.ca](http://www.heartandstroke.ca)