

Pecan Veal Salad

Ingredients

- 1 lb. veal leg cutlets, cut into ¼" slices. (I use beef or chicken)
- 1 bunch fresh spinach, torn into bite sized pieces
- 1 sweet red pepper, seeded, cut into strips
- 1 sweet yellow pepper, seeded, cut into strips
- 2 avocados, peeled, cut into strips
- 3 tbsp lemon juice
- 2 tbsp vegetable oil
- 1 cup heavy cream
- 2 tbsp Dijon Mustard
- 1 tsp ground pepper
- 1 cup pecan halves, toasted

Method

Place prepared spinach in large salad bowl. Place peppers, alternating colors, along outer edge of spinach. Toss avocados with lemon juice. Add to salad inside row of peppers.

Brown veal in oil in frying pan. Stir frequently while cooking. Remove from pan and place in middle of salad. Add cream and mustard to frying pan and cook, stirring, until sauce is thickened.

Add pepper. Pour over veal. Sprinkle with pecans.

Toss, serve immediately.

Notes

This is a huge recipe. Half is enough for 3 or 4 salads that accompany other dishes or two gigundo main course salad dinners.