

Spinach Salad with White Beans

- 1 1/2 tablespoons whole grain mustard
- 3 tablespoons pure maple syrup
- 2 tablespoons + 1 teaspoon cider vinegar
- 3/4 cup extra virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 (15-ounce) can northern beans, drained and rinsed
- 1 package fresh baby spinach
- 1 red bell pepper, diced
- 4 green onions, cut into 1/2" sections

For dressing, whisk together mustard, syrup and vinegar. Drizzle in the olive oil and season with salt and pepper. Toss the beans with some of the dressing to coat and refrigerate several hours.

For salad, toss spinach with a little of the dressing and divide onto 4 plates. Top with beans, bell pepper and green onions. Drizzle with more dressing.