

WILTED SPINACH SALAD WITH RAISINS AND PINE NUTS

**1 TABLESPOON RAISINS
1 TABLESPOON OLIVE OIL
1 TABLESPOON PINE NUTS
1 GARLIC CLOVE, CRUSHED
1/2 BAG BABY SPINACH
1/8 TEASPOON SALT
FRESH BLACK PEPPER
1 WASA CRISPBREAD**

1. SOAK RAISINS IN A SMALL BOWL WITH BOILING WATER FOR 10 MINUTES. DRAIN AND SET ASIDE.

2. HEAT OIL IN A 12-INCH SKILLET OVER MEDIUM HEAT. ADD PINE NUTS AND GARLIC AND SAUTÉ UNTIL GARLIC TURNS YELLOW, ABOUT 3 MINUTES.

3. ADD SPINACH AND COOK FOR 2 TO 3 MINUTES, UNTIL SPINACH IS SLIGHTLY WILTED. ADD RAISINS AND TOSS. SEASON WITH SALT AND PEPPER.

4. SERVE ON A PLATTER WITH WASA CRISPBREAD CRUMBLED ON THE SALAD.

CLASS OF THE WEEK

LATIN BEATS

ARE YOU READY FOR SOMETHING FUN, UPBEAT AND ON-TREND IN THE WORLD OF DANCE? STEP UP THE SPICE WHILE LEARNING LATIN DANCE MOVES IN THIS EXCITING CLASS WHERE YOU WON'T NEED A PARTNER: FEEL THE ROMANCE OF THE RUMBA, THE FLARE OF THE CHA CHA, THE ZEST OF THE SALSA AND THE SIZZLE OF THE SAMBA. THE ONLY REQUIREMENT: BE READY TO MOVE AND HAVE FUN!

THURSDAY'S AT 10:45 WITH NICOLE