

Spinach Salad in a Parmesan Frico Cup

Recipe courtesy Giada De Laurentiis



Prep Time:	30 min	Level:	Serves:
Inactive Prep Time:	--	Difficult	6 servings
Cook Time:	30 min		

Ingredients

For the Parmesan Frico Cups:

1 1/2 cups grated Parmesan

For the Citrus Vinaigrette:

1/4 cup extra-virgin olive oil

1 tablespoon lemon juice

1 tablespoon orange juice

1/2 teaspoon lemon zest

1/2 teaspoon orange zest

1 teaspoon honey

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

For the Spinach Salad:

6 ounces baby spinach leaves (about 6 cups)

1 orange, cut into segments

1/3 cup sliced almonds, toasted

1/2 red onion, thinly sliced

Special equipment: a silpat mat, a muffin tin, and a small drinking glass

Directions

Preheat the oven to 375 degrees F.

For the Parmesan Frico Cups:

Place a silpat mat on a baking sheet. Place 6 (1/4-cup) mounds of Parmesan cheese on the mat and gently tap down until each mound is flat and 4 1/2 to 5 inches in diameter. Bake for 8 to 10 minutes, until golden and bubbly. Working quickly, use a thin spatula to transfer the Parmesan Frico to a muffin tin. Gently place a small drinking glass on top of the Parmesan Frico to mold it into the shape 1 of the muffin cups. Let cool until firm, about 5 minutes. Continue with the remaining Parmesan cheese.

For the Citrus Vinaigrette:

Combine all the ingredients in a jar or a tight-sealing plastic container. Shake to blend.

For the Spinach Salad:

In a large bowl, combine all the ingredients. Drizzle with vinaigrette and toss to combine. Divide the salad among the Parmesan Frico Cups and serve immediately.

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