

Strawberry Spinach Salad

Pretty as a picture and healthy too!

6 servings

Ingredients:

6 ounce package spinach leaves (or about 2 bunches)
1 pint strawberries (about 2 cups sliced)
1/2 cup sugar
2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 teaspoon minced onions
1/4 teaspoon Worcestershire Sauce
1/4 teaspoon paprika
1/4 cup vegetable oil
1/3 cup cider vinegar

Directions: 1. Wash spinach leaves and strawberries in clear water and drain well. 2. Remove stems from spinach leaves, tear into bite-size pieces and place in a large bowl. 3. Remove stems, slice strawberries and add to spinach. Cover and chill until serving time. 4. In a blender or food processor, combine sugar, seeds, onions, Worcestershire Sauce and paprika. 5. With blender running, add oil and vinegar to combine ingredients. Chill. 6. Toss spinach and strawberries with about half the dressing, reserving the rest for another recipe.

Nutrition Facts: One 1 cup serving provides 210 calories, 12g total fat, 0mg cholesterol, 95mg sodium, 27g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
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Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Strawberry Spinach Salad
Bread Sticks
Chicken Strips
Low Fat Milk

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