



Strawberry Spinach Salad

INGREDIENTS:

- ½ c. sugar
- Dash paprika
- ½ tsp. prepared mustard
- ½ tsp. Worcestershire sauce
- ¼ c. vegetable oil
- 1½ tsp. minced onion
- ¼ cup vinegar
- 1 (9 oz.) bag of fresh spinach
- 1 pint fresh strawberries, sliced
- ¼ c. nuts, chopped (pecans, almonds, or walnuts)

DIRECTIONS:

Dressing Directions:

- 1. Combine all ingredients except spinach, strawberries, and nuts.
- 2. Blend with a fork or wire whisk until blended and sugar melts.

Salad Directions:

- 1. Clean spinach and pat dry. Cut off stems and place in bowl.
- 2. Add sliced strawberries.
- Drizzle dressing lightly to taste over spinach and strawberries. Toss to coat.

Sprinkle nuts over top. (Tip: you can add more flavor by toasting them. Just toss them in a heated dry skillet for 10 to 15 minutes, stirring often).

Source: Cooking with Extension Cookbook | **Yield:** 6 servings; 215 Calories per serving. Total fat 13g; Saturated fat 1.5g; Protein 2g; Total carbohydrate 22g; Dietary fat 3g, Sodium 85mg.



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