



## Strawberry Spinach Salad

**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.

### 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.
3. Drizzle dressing lightly to taste over spinach and strawberries. Toss to coat.
4. 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).