



real food for real people

Strawberry Spinach Salad

This is a nice light salad. Lots of color and flavor. A feast for the eyes and the taste buds

Use triple washed spinach to avoid possible contamination. Be gentle with you spinach and don't let it freeze. Wash you strawberries thoroughly before slicing.

This recipe will dress enough spinach for at least 10-15 people.

Ingredients	Metric	Imperial
Apple Cider Vinegar	45 mL	3 TBSP
Sugar, White	45 ml	3 TBSP
Lemon Juice	15 mL	1 TBSP
Oil, canola or other	125 mL	1/2 Cup
Salt	2.5 mL	1/2 tsp
Dry (Ground) Mustard	2.5 mL	1/2 tsp
Poppy Seeds (optional - to taste)		
Spinach		
Strawberries (use more or less)	454 mg	1 lb

Directions:

Mix first 6 ingredients in bowl. Whisk or use blender blender, as desired. Add poppy seeds if using. Store until ready to use.

Slice strawberries.

Put spinach in bowl, add dressing man mix thoroughly. Add strawberries.

Serve and enjoy.