



Strawberry Salad



Prep time: 15 minutes Cook time: 0 minutes Number of servings: 6

Ingredients

1 bunch of washed spinach, 1 bag (9-ounce) baby spinach, or 1 head of leaf lettuce
1/3 cup feta cheese, crumbled
10 to 12 medium strawberries, sliced
Dressing of your choice (see suggestions below)

Directions

1. In a large bowl combine spinach, feta cheese, and strawberries.
2. Add dressing of your choice, toss, and enjoy.

Vinaigrette Dressing

1/2 cup olive oil
1/4 cup red wine or white vinegar
2 Tablespoons balsamic vinegar
2 teaspoons Dijon mustard
1/2 teaspoon salt, to taste
1/4 teaspoon black pepper

Tangy Sunshine Dressing

3 Tablespoons canola oil
3 Tablespoons frozen orange juice concentrate
1 Tablespoon red wine vinegar
Water (to make 3/4 cup dressing)
(Optional) 1 Tablespoon chopped fresh chives,
1/4 teaspoon dried thyme leaves

Directions

1. Pull all ingredients into a jar or container with a tight fitting lid. Put the lid on tightly.
2. Shake jar to mix. Shake each time you put dressing on a salad. Store in the refrigerator

Nutrition Facts (Serving size 1/6 recipe): Calories-45; Protein-2g; Carbohydrate-7g; Total Fat-2g; Saturated Fat-1g; Cholesterol-5mg; Sodium-160mg; Vitamin C-35%; Vitamin A-30%; Iron-8%; Calcium-8%

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