Spinach and North Carolina Strawberry Salad  
Serves 6

Ingredients
- 8 ounces of spinach (around one bunch), rinsed and dried
- 3 cups strawberries, washed and dried
- 1/4 cup of extra virgin olive oil
- 1/8 cup white wine vinegar
- 2 tablespoons white sugar
- 1/8 teaspoon paprika
- 1 tablespoon sesame seeds
- 2 teaspoons poppy seeds

Instructions
1. Coarsely chop or tear the spinach. Cut the strawberries into slices.
2. In a large bowl, toss together the spinach and strawberries.
3. In a medium bowl, whisk together the extra virgin olive oil, white wine vinegar, white sugar, paprika, sesame seeds, and poppy seeds.
4. Toss the salad mixture with the dressing. Serve at room temperature or cold.

Substitutions
- The spinach leaves can be substituted with mild leafy green vegetables such as lettuce.
- Other fruit could be added to the salad such as berries or dried fruit.

Storing Strawberries
- Store the strawberries in the refrigerator upon purchasing, where they will last for 2 to 5 days.

Nutrition Facts
6 servings per recipe

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>11g</td>
<td>17%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>16g</td>
<td>8%</td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>0%</td>
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<tr>
<td>Sodium</td>
<td>85mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>0%</td>
</tr>
</tbody>
</table>

Vitamin A: 26%
Vitamin C: 80%
Calcium: 5%
Iron: 10%