

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	
Amount Per Serving	
Calories	150
% Daily Value	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 2g	
Vitamin A	25%
Vitamin C	80%
Calcium	6%
Iron	10%

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