

# Strawberry Spinach Salad

½ cup sugar

Dash paprika

½ teaspoon prepared mustard

½ teaspoon Worcestershire sauce

¼ cup vegetable oil

1 ½ teaspoon onion, minced

¼ cup vinegar

1 (9 oz) bag fresh spinach

1 pint fresh strawberries, sliced

¼ cup nuts, chopped (optional)



## Preparation

### Dressing Directions:

Combine all ingredients except spinach, strawberries, and nuts. Blend with a fork or wire whisk until blended and sugar dissolves.

### Salad Directions:

Rinse spinach and pat dry. Cut off stems and place in bowl. Add sliced strawberries. Drizzle dressing lightly to taste over salad. Toss to coat. Sprinkle nuts over top.

TIP: use leftover dressing with other salads or to marinate vegetables. You may add other fruits like drained pineapple chunks, grapes, or blueberries.

Calories 186, Total Fat 11.5g, Saturated Fat 1.5g, cholesterol 5.6mg, sodium 483mg, Total Carbohydrate 415g, Dietary Fiber 5.5g, Protein 5.5g



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