

Spinach Salad with Sweet and Sour Dressing

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Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 2

DRESSING

*1/2 cup sugar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon minced onion
1 cup salad oil
1/4 cup vinegar
1 teaspoon celery salt*

SALAD

*1 pound spinach leaves,
washed and stems removed
3 green onions, sliced
1 can mandarin oranges,
drained
1/4 cup sliced almonds.*

In a bowl, mix the sugar, salt, mustard, paprika, onion, salad oil, vinegar and celery salt.

In a bowl, combine the salad ingredients. Place the salad evenly in two bowls.

Pour the drssing over the salad just before serving. Toss.

Per Serving (excluding unknown items): 1233 Calories; 110g Fat (77.8% calories from fat); 6g Protein; 65g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1992mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 22 Fat; 3 1/2 Other Carbohydrates.