

Strawberry and Spinach Salad

Terry Rish-Skidmore

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Servings: 12

1/2 cup olive oil

1/4 cup apple cider vinegar

1 cup sliced strawberries

salt

pepper

1 package Splenda

2 bags spinach

1/4 cup apple juice

1/4 cup dried cranberries

*1/2 cup red onion , thinly
sliced*

1/4 cup almonds or walnuts

Marinate all of the ingredients except the spinach in apple juice.while making dinner vegetables.

Just before serving, add the spinach.

Mix the remaining ingredients together. Toss with the salad. Drain.

Per Serving (excluding unknown items): 88 Calories; 9g Fat (89.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 2 Fat.