

Strawberry Spinach Salad with Poppy Seed Dressing

Erin Loughmiller - Ridgecrest, CA
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Servings: 10

1/3 cup olive oil
1/4 cup sugar
3 tablespoons white or balsamic vinegar
2 tablespoons sesame seeds
1 tablespoon poppy seeds
1 tablespoon onion, chopped
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1 package (9 oz) fresh spinach, trimmed
4 cups fresh strawberries, sliced
1/4 cup chopped pecans, toasted

Place the olive oil, sugar, vinegar, sesame seeds, poppy seeds, onion, paprika and Worcestershire sauce in a jar with a tight-fitting lid. Shake well. Refrigerate for one hour.

Before serving, combine the spinach, strawberries and pecans in a bowl.

Shake the dressing and drizzle over the salad. Toss to coat.

Per Serving (excluding unknown items): 117 Calories; 11g Fat (78.1% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.