

Strawberry Spinach Salad

Joan Benson

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 bag pre-washed spinach
2 ounces almonds, tossed
in butter
2 pints strawberries, sliced
lengthwise into thirds
1/2 cup sugar
2 tablespoons sesame
seeds
1 tablespoon poppy seeds
1 1/2 teaspoons minced
onions
1/4 cup cider vinegar
1/4 teaspoon paprika
1/4 teaspoon
Worcestershire sauce
1/2 cup oil*

In a large bowl, place the spinach, strawberries and almonds. Toss to mix.

In a separate bowl, combine the sugar, sesame seeds, poppy seeds, minced onions, cider vinegar, paprika, Worcestershire sauce and oil. (Make sure to add the oil last.) Whisk all together.

Just before serving, add the dressing to the salad.

Per Serving (excluding unknown items): 2025 Calories; 154g Fat (65.3% calories from fat); 20g Protein; 164g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 Fruit; 29 Fat; 7 Other Carbohydrates.