

Strawberry Spinach Salad

Ingredients:

- 1 pound spinach, fresh
- 1 pint strawberries
- 1/2 red onion
- 1/2 cup sugar
- dash paprika
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 1/8 cup vegetable oil
- 1/4 cup vinegar
- 1/4 cup pecans, chopped

Equipment:

- Large salad bowl
- Potato peeler
- Cutting board
- Knife
- Small mixing bowl
- Mixing spoon

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Clean spinach and pat dry. Cut off stems and place in bowl.
2. Wash strawberries, and throw away any that are overripe. Use a potato peeler or small sharp knife to cut out stems of strawberries, and cut into small pieces. Add to bowl with strawberries.
3. Cut an onion in half, save half for other uses. Peel off the brown layers. Run under water to remove any dirt. Place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to bowl for dressing.
4. To make a dressing, add sugar, paprika, mustard, Worcestershire sauce, vegetable oil, and vinegar to onion in a small bowl. Blend until sugar is dissolved.
5. Drizzle dressing lightly over salad and toss to coat. Sprinkle nuts over top.

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Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 173	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 70mg	3%
Potassium 557mg	16%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Protein 3g	6%
Vitamin A 102%	Vitamin C 85%
Iron 11%	Calcium 9%

*Percent Daily Values are based on a 2,000 calorie diet.

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