Eat Smart • *Move More*

Ensalada de Espinaca y Fresas

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos

Fruits · Vegetables · Oils

Ingredientes

1 libra de espinaca, desgarrada
1 pinta de fresas, en dados
¼ taza de azúcar
¼ cucharadita de paprika (pimentón)
½ cucharadita de mostaza amarilla
½ cucharadita de salsa Worcestershire
¼ taza de vinagre blanco destilado
2 cucharadas de aceite de canola
¼ taza de nueces pecan, picadas (opcional)

Nutrition Facts

6 servings per container

Serving size	**1 serving (162.74g)**
Amount per serving **Calories**	**140**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 8g of Added Sugars	**16%**
Protein 3g	
Vitamin D 0mcg	**0%**
Calcium 89mg	**6%**
Iron 2mg	**15%**
Potassium 534mg	**10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparación

- Para la ensalada, colocar la espinaca y las fresas en un bol.
- Para preparar el aderezo, agregar el azúcar, la paprika, la mostaza, la salsa Worcestershire, el vinagre y el aceite en un bol aparte. Batir hasta que el azúcar se disuelva.
- Rociar el aderezo ligeramente sobre la ensalada y mezclar para cubrir. Colocar las nueces pecan arriba.

(Receta adaptada de: https://extension.unh.edu)

Consejos Rápidos

- Siempre lave los productos frescos antes de cortarlos.
- Puede utilizar vinagre de manzana en vez de vinagre blanco destilado.
- Utilice sobras del aderezo en ensaladas o como una salsa marinada para su comida proteica favorita.

Follow us | Like us

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.