

Eat Smart • Move More

Strawberry Spinach Salad

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- 1 pound spinach, torn
- 1 pint strawberries, diced
- ½ onion, diced
- ¼ cup sugar
- ¼ cup white distilled vinegar
- 2 tablespoons canola oil
- ½ teaspoon Worcestershire sauce
- ½ teaspoon yellow mustard
- ¼ teaspoon paprika
- ¼ cup pecans, chopped (optional)

Directions

- For the salad, add spinach and strawberries to a mixing bowl.
- To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl. Whisk until sugar is dissolved.
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.

Nutrition Facts

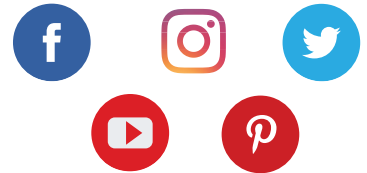
6 servings per container	
Serving size	1 serving
	(162.74g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 8g of Added Sugars	16%
Protein 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.

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ Apple cider vinegar may be used in place of white distilled vinegar.
- ▶ Use leftover dressing on salad or as a marinade for your favorite protein food.

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(Recipe adapted from: <https://extension.unh.edu>.)

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