

Dinner Tonight!

Spinach, Strawberry, Pecan Salad

1 pound fresh spinach, washed & dried
1 pint strawberries, washed & halved
1/4 cup pecan halves, toasted

Dressing:

1/3 cup raspberry vinegar
1 teaspoon dry mustard
1/2 teaspoon salt
1/4 cup sugar
1 cup olive oil
1 1/2 Tablespoons poppy seeds

Combine dressing ingredients except the poppy seeds in a blender. Add the poppy seeds by hand. Toss dressing with spinach, strawberries, and hot pecans. The hot nuts will slightly wilt the greens.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Serves: 6

Nutrition facts per serving:

Calories: 230

Total Fat: 20 g

Cholesterol: 0 mg

Sodium: 190 mg

Total Carbohydrate: 12 g

Protein: 4 g