



Strawberry Spinach Salad

Prep time: 15 minutes | Cooking time: 0 minutes | Number of servings: 6

- 1 bunch of washed spinach,
1 bag (9-ounce) baby spinach,
or 1 head of leaf lettuce
- ½ cup feta cheese, crumbled
- 10 to 12 medium
strawberries, sliced
- Dressing of your choice
(see back for suggestions)

Food Sense Tips

- Substitute any seasonal fruit for the strawberries. Try oranges, apples, or even apricots. Canned fruit works too. Try Mandarin oranges and slivered almonds for a new taste.
- Add a few toasted walnuts or pecans to your salad.

Directions

1. In a large bowl combine spinach, feta cheese, and strawberries.
2. Add dressing of your choice, toss, and enjoy.



Nutrition Facts (Serving size ½ recipe): Calories–45; Protein–2g; Carbohydrate–7g; Total Fat–2g; Saturated Fat–1g; Cholesterol–5mg; Fiber–2g; Sodium–160mg; Vitamin C–35%; Vitamin A–30%; Iron–8%; Calcium–8%

Adapted from Washington State University Extension Food Sense



Vinaigrette Dressing

- ½ cup olive oil
- ¼ cup red wine or white vinegar
- 2 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- ½ teaspoon salt, to taste
- ¼ teaspoon black pepper

Tangy Sunshine Dressing

- 3 tablespoons canola oil
- 3 tablespoons frozen orange juice concentrate
- 1 tablespoon red wine vinegar
- Water (to make ¾ cup dressing)
- Optional** 1 tablespoon chopped fresh chives, ¼ teaspoon dried thyme leaves

Directions

1. Pull all ingredients into a jar or container with a tight fitting lid. Put the lid on tightly.
2. Shake jar to mix. Shake each time you put dressing on a salad. Store in the refrigerator.

Nutrition Facts (Serving size 1 tablespoon Vinaigrette Dressing): Calories–60; Protein–0g; Carbohydrate–1g; Total Fat–7g; Saturated Fat–1g; Cholesterol–0mg; Fiber–0g; Sodium–90mg; Vitamin C–0%; Vitamin A–0%; Iron–0%; Calcium–0%

Nutrition Facts (Serving size 1 tablespoon Tangy Sunshine Dressing): Calories–40; Protein–0g; Carbohydrate–2g; Total Fat–3.5g; Saturated Fat–0g; Cholesterol–0mg; Fiber–0g; Sodium–0mg; Vitamin C–0%; Vitamin A–0%; Iron–0%; Calcium–0%

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