

## Spinach and North Carolina Strawberry Salad

Serves 6

### Ingredients

- > 8 ounces of spinach (around one bunch), rinsed and dried
- > 3 cups strawberries, washed and dried
- > 1/4 cup of extra virgin olive oil
- > 1/8 cup white wine vinegar
- > 1/4 cup white sugar
- > 1/8 teaspoon paprika
- > 1 tablespoons sesame seeds
- > 2 teaspoons poppy seeds

### Instructions

1. Coarsely chop or tear the spinach. Cut the strawberries into slices.
2. In a large bowl, toss together the spinach and strawberries.
3. In a medium bowl, whisk together the extra virgin olive oil, white wine vinegar, white sugar, paprika, sesame seeds and poppy seeds.
4. Toss the salad mixture with the dressing. Serve at room temperature or cold.

### Substitutions

- > The spinach leaves can be substituted with mild leafy green vegetables, such as lettuce.
- > Other fruit could be added to the salad, such as berries dried fruit.

### Storing Strawberries

- > Store the strawberries in the refrigerator upon purchasing, where they will last for 2 to 5 days.

<b>Nutrition Facts</b>	
Servings 6 Per Container	
Amount Per Serving	
<b>Calories</b>	<b>159</b>
	% Daily Value
<b>Total Fat</b> 11g	<b>16%</b>
Saturated Fat 1g	<b>7%</b>
Monounsaturated Fat 7g	
Polyunsaturated Fat 2g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 31mg	<b>1%</b>
<b>Potassium</b> 342mg	<b>10%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 12g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin A	<b>71%</b>
Vitamin C	<b>92%</b>
Calcium	<b>8%</b>
Iron	<b>10%</b>

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