

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

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.

Dressing of your choice
(see back for suggestions)

2. Add dressing of your choice, toss, and enjoy.



Directions

1. In a large bowl combine spinach, feta cheese, and strawberries.

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

Strawberry Spinach Salad

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

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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%

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%

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.

Directions

- 1/2 cup olive oil
1/4 cup red wine or white vinegar
2 tablespoons balsamic vinegar
2 teaspoons Dijon mustard
1/2 teaspoon salt, to taste
1/4 teaspoon black pepper
- Tangy Sunshine Dressing**
- 3 tablespoons canola oil
3 tablespoons frozen orange juice concentrate
1 tablespoon red wine vinegar
Water (to make 3/4 cup dressing)
Optional 1 tablespoon chopped fresh chives, 1/4 teaspoon dried thyme leaves

Vinaigrette Dressing

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Tangy Sunshine Dressing

- 3 tablespoons canola oil
- 3 tablespoons frozen orange juice concentrate
- 1 tablespoon red wine vinegar
- Water (to make 3/4 cup dressing)

- Optional** 1 tablespoon chopped fresh chives, 1/4 teaspoon dried thyme leaves

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