Strawberry Spinach Salad

Description

Strawberry spinach salad is a succulent combination of fresh spinach and strawberries. Another favorite strawberry recipe while were in the middle of strawberry season.

Summary

Yield: 4
Prep Time: 15 minutes
Category: Salads
Cuisine: American

Ingredients

- 10 ozs fresh spinach, rinsed and dried
- 1 qt fresh strawberries, washed, stems removed, sliced
- 1/2 cup white sugar (splenda substitute works great)
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil
- 2 tbsp sesame seeds
- 1/4 tsp paprika
- 2 tbsp red onion, minced
- 1/4 cup toasted slivered almonds
- 1/2 tsp sea salt, to taste

Instructions

In a medium bowl, combine the sesame seeds, sugar (or splenda), sea salt, olive oil, rice vinegar, and minced onion. Whisk to mix thoroughly. Cover and chill in the refrigerator for one hour.

To toast the slivered almonds, place in a skillet over medium heat. Toss as you roast the almonds allowing color to change slowly. Roast until golden brown.

In a large bowl, add the spinach, strawberries and toasted almonds. Pour vinaigrette dressing over the salad and toss. Refrigerate for 15 minutes before serving.

Notes

To save on a few calories, Spenda is a perfect substitute for white sugar. Spinach salad with strawberries is healthful and nutritious with plenty of mouth-watering succulent flavor.