



## TODAY'S MAIN INGREDIENT

# Strawberries Spinach Salad

### THE SALAD:

8 to 9 cups torn spinach leaves or baby spinach  
1 pint strawberries, washed, hulled and halved  
1/2 cup slivered almonds

### THE DRESSING:

1/2 cup vegetable oil  
2 Tablespoons sugar  
2 Tablespoons cider vinegar  
1 Tablespoon chopped onion  
1 teaspoon poppy seeds  
1 teaspoon sesame seeds  
1/4 teaspoon paprika  
1/8 teaspoon Worcestershire sauce

**STEP 1** – Toast almonds in a dry skillet on top of the stove, watching constantly and stirring as needed to prevent burning.

**STEP 2** – Assemble the salad in a large bowl with the strawberry and almonds on top.

**STEP 3** – Combine all of the dressing ingredients in a blender and process. Pour over the salad and toss.