

Raw Spinach Salad with Strawberries

Servings: 6

Serving Size: 1½ cups

Ingredients:

Salad Dressing

- 1 cup olive oil
- ⅓ cup vinegar
- ¼ cup sugar
- ½ teaspoon salt
- ¼ teaspoon ground mustard

Spinach Salad with Strawberries

- 8 cups (1 lb.) fresh spinach, washed
- 1 cup strawberries, halved
- ¼ cup walnuts or pecans

Directions:

Salad Dressing

1. Add all of the ingredients for the salad dressing into a medium size bowl and whisk together until well blended.
2. Set aside until ready to use.
3. Note: you will have more dressing than you need for the recipe.

Spinach Salad with Strawberries

1. Wash and pat spinach dry with a paper towel. Tear any large pieces into smaller sizes. Place into a large bowl.
2. Add halved strawberries and nuts.
3. This makes 6 servings, add 2 tablespoons of salad dressing for each serving.

Nutrition Facts	
Serving Size 2 Tablespoons	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g 0%	
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Salad Dressing

Nutrition Facts	
Serving Size 1 1/2 cups (68g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g 8%	
Sugars 1g	
Protein 2g	
Vitamin A 70%	Vitamin C 45%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
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Salad