

RECIPES

Fresh Fruity Spinach Salad



Ingredients (2 servings)

2 cups fresh spinach
 1 cup fresh peaches or berries
 1 green onion, minced
 1 tablespoon sugar
 1/4 teaspoon Worcestershire sauce
 2 teaspoons salad oil
 2 teaspoons vinegar

Nutrition Information per serving

110 calories, 5 g fat, .5 g saturated fat,
 2 g protein, 16 g carbohydrates, 2 g fiber,
 50 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse spinach and remove large, tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
3. Rinse peaches or berries. Slice into bite-sized pieces. Combine with spinach. Add onion.
4. Combine the remaining ingredients in a jar with a tight-fitting lid. Shake well.
5. Pour dressing over spinach mixture. Toss. Serve cold.

BERRIES

Choose: strawberries that are bright red and blueberries that are dusty blue. All berries should be dry and plump. Avoid wet or mushy berries.

Store: in the refrigerator. Don't wash berries until you are ready to use them. Blueberries will keep 10-14 days but strawberries, blackberries and raspberries keep only a few days.

How much? 1 pint = 2 cups of berries.