



STRAWBERRY SALAD

Adapted from: (1999). Cooking With Grace. USA: Cookbooks by Morris Press.

INGREDIENTS

- 1 lb. spinach
- 1 pint fresh strawberries
- ½ cup sugar
- 1 tbs poppy seed
- 2 tbs sesame seed
- 1 ½ tsp minced onion
- ¼ tsp Worcestershire sauce
- ¼ tsp paprika
- 1/3 to ½ cup oil
- ¼ cup cider vinegar

DIRECTIONS

Wash and tear spinach. Wash and slice strawberries. In blender combine sugar, poppy and sesame seeds, onion, Worcestershire sauce, paprika, vegetable oil, and cider vinegar, blending for 30 seconds. Toss this mixture with spinach and strawberries just before serving. (Up to 1 ¼ teaspoons paprika may be used.)

SAFETY TIP: CHECK YOUR FRUITS AND VEGETABLES FOR BRUISED OR DAMAGED SPOTS. THROW AWAY DAMAGED PIECES AND ENJOY THE REST AFTER WASHING!



Cut on the dotted line, and enjoy making a delicious treat while discovering the importance of food safety with your young learner!

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