

## RECIPES

## Fresh Fruity Spinach Salad




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**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

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**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

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**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.