

Strawberry Spinach Salad

Dressing:

- 1 lemon
- 2 tablespoons white wine vinegar
- 1/3 cup sugar
- 1 tablespoon vegetable oil
- 1 teaspoon poppy seeds

Salad:

- ¼ cup sliced natural almonds, toasted
- 8 oz (1 1/2 cups) strawberries, hulled and quartered
- ½ medium cucumber, sliced and cut in half
- ¼ small red onion, sliced into thin wedges
- 1 package (6 oz) baby spinach

For dressing, zest lemon to measure ½ teaspoon. Juice lemon to measure 2 tablespoons of juice. Combine zest, juice, vinegar, sugar, oil and poppy seeds. Whisk until well blended. Cover; refrigerate until ready to use.

Preheat oven to 350° F. For salad, spread almonds in single layer over bottom of baking pan. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in bar pan.

Meanwhile, hull strawberries and cut into quarters.

Score cucumber lengthwise. Remove seeds and slice. Slice onion into thin wedges.

Place spinach in large serving bowl; add strawberries, cucumber and onion. Whisk dressing; pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately.

Serves 10 – 1 cup servings.