



Spinach Salad with Strawberries

Name: _____
 Period: _____
 Kitchen Number: _____
 Evaluate Experience—What did you learn? Did you like it? What would you do differently?

<u>Ingredients for Dressing</u>	<u>Salad Ingredients</u>
1/2 cup sugar	1 pound spinach, fresh and clean
2 tablespoons sesame seeds	1 pint strawberries, fresh—hulled and sliced
1 tablespoon poppy seeds	
1 and 1/2 teaspoons onion, minced	
1/4 teaspoon Worcestershire sauce	
1/4 teaspoon paprika	
1/2 cup vegetable oil	
1/4 cup cider vinegar	
<u>Student Directions:</u>	
1. Remove stems from spinach.	
2. Wash leaves thoroughly— 20 seconds in cool water. Pat dry.	
3. Tear into bite-size pieces.	
4. Rinse strawberries—20 seconds in cool water. Slice.	
5. Combine spinach and strawberries in a large salad bowl.	
6. Gently toss with salad dressing. <i>(Note: You may not want to pour all dressing on. Start with a small amount and add as needed.)</i>	
7. Serve immediately.	