



Strawberry and Spinach Salad



Make 12 servings

Ingredients:

- 12 oz. torn, fresh spinach, about 10 cups
- 3 Cups halved or sliced strawberries
- 1/3 c. sliced green onions
- 3 Tbs. olive oil
- 3 Tbs. fresh lemon juice
- 1 c. walnuts, broken in pieces
- 2 Tbs. sesame seeds.

Preparation:

In a large bowl, combine washed spinach, strawberries and green onions.
Whisk together lemon juice and oil until combined.
Toss ingredients with dressing.
Top with nuts and sesame seeds.

Nutritional information for 1 cup serving:

*Calories 120, Fat 10 gm from (olive oil and walnuts),
Fiber 3 gm, Cholesterol 0 mg,
Sodium 25 mg.*

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



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