

Sweet Strawberry Spinach salad

March 13, 2010 By Kristen Feola



Strawberry Spinach Salad

8 cups torn fresh spinach, loosely packed
2 cup chopped strawberries
4 teaspoons sunflower seed kernels
1 teaspoon sesame seeds
1/2 teaspoon poppy seeds
Apple-Cinnamon Salad Dressing

For each serving, place 2 cups spinach and 1/2 cup strawberries on each salad plate. Sprinkle 1 teaspoon sunflower seeds, 1/4 teaspoon sesame seeds, and 1/8 teaspoon poppy seeds on top. Drizzle Apple-Cinnamon Salad Dressing over all, and serve.

Yield: 4 servings (serving size: about 1 1/2 cups)