

# STRAWBERRY SPINACH SALAD WITH POPPY SEED

April 13, 2011

*6 cups baby spinach*  
*8 strawberries, halved*  
*½ ounce pecans, chopped and toasted*  
*¼ cup sliced red onion*  
*1 ½ ounces goat cheese, broken into small pieces*  
*2 tablespoons canola oil*  
*2 tablespoons unseasoned rice vinegar or raspberry vinegar*  
*2 teaspoons honey*  
*1 teaspoon ground dry mustard*  
*Black pepper*  
*½ teaspoon poppy seeds*

- 1. Place 1 ½ cups spinach on each of 4 plates. Divide strawberries, pecans, onions and goat cheese evenly over spinach.*
- 2. Whisk together oil, vinegar, honey, mustard, pepper and poppy seeds in small bowl. Divide dressing among 4 salads.*

Makes 4 servings (about 1½ cups salad and ½ tablespoon dressing per serving)

Dietary Exchanges:  
2 Fat, 1 Vegetable

Calories 164, Total Fat 12g, Saturated Fat 2g, Protein 4g, Carbohydrate 11g, Cholesterol 5mg, Dietary Fiber 3g, Sodium 98mg

## HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the *“healthy choice the easy choice.”*



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