

Warm Spinach & Strawberries Salad

- 10 ounces fresh spinach, washed, dried and stemmed
- 1 cup strawberries, sliced or halved
- 4 slices bacon, cooked and drained
- 1 tablespoon canola oil
- 1 small onion, diced
- 2 tablespoons cider vinegar
- 1 teaspoon spicy brown mustard
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

1. Tear clean dried spinach into bite-size pieces. Place in a large bowl. Add strawberries to spinach.
2. Cook bacon in large skillet over medium-high heat until crisp. Drain bacon on paper towels. Discard drippings from skillet.
3. Add oil to skillet and heat. Add onion; cook until tender, about 3 minutes. Stir in vinegar, mustard, sugar, salt and pepper. Bring to boiling. Remove from heat.
4. Pour hot dressing over spinach and strawberries; toss well to coat. Crumble bacon and sprinkle over salad. Serve at once.

| Nutrition Facts | | |
|------------------------------------|----------------------|----------------|
| Serving Size: about 1/4 of recipes | | |
| Servings per recipe: 4 | | |
| Amount Per Serving | | |
| Calories 108 | Calories from fat 63 | |
| | | % Daily Value |
| Total Fat 7g | | 11% |
| Saturated fat 1g | | 7% |
| Cholesterol 5mg | | 2% |
| Sodium 309mg | | 13% |
| Carbohydrate 9g | | 3% |
| Dietary Fiber 3g | | 13% |
| Protein 5g | | 9% |
| Vitamin A: 95% | Vitamin C: 75% | Folacin: 37% |
| Calcium: 8% | Iron: 13% | Potassium: 15% |

Source: "Warm Spinach and Pear Salad," <http://www.recipeink.com>

Provided by:

Barbara Brown
Food Specialist
OSU Cooperative Extension Service
Stillwater, Oklahoma 74078-6141
bbrown@okstate.edu