



## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



# Spinach Strawberry Salad

## Featured Item: Spinach

Serving Size: 1 ½ Cup • Number of Servings: 4

### Fun Facts:

- Spinach is a superfood – it helps you grow!
- Green pigments extracted from spinach were used in painting during medieval times.

### Try It!

- Spinach comes in two shapes, smooth or curly.
- Toss a handful of spinach in your next smoothie.

## INGREDIENTS

- .75 tbsp.** Italian seasoning mix, dry
- 2 tsp.** Balsamic vinegar
- 2 tsp.** Water
- 1 tsp.** Vegetable oil
- 1 tsp.** Strawberry preserves, sugar free
- 1 ¼ cup** Spinach (raw)
- 8.25 oz. can** Mandarin oranges (canned in light syrup, drained)
- 1 pint, sliced** Strawberries (fresh)

## DIRECTIONS

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.
2. Drain mandarin oranges.
3. Wash and slice fresh strawberries.
4. Lightly toss spinach, oranges, and strawberries.
5. Just before serving, toss salad with dressing.

Source: Ohio Department of Education Menus that Move