

# Strawberry Spinach Salad

Pretty as a picture and healthy too!



Level: Easy

Serves: 6

## Kids' Tool Kit

Large mixing bowl  
Blender  
Sharp knife  
Cutting board  
Spoon  
Measuring cups  
Measuring spoons

## Ingredients:

6 ounce package spinach leaves  
(or about 2 bunches)  
1 pint strawberries (about 2 cups sliced)

## Dressing:

1/2 cup sugar  
2 tablespoons sesame seeds  
1 tablespoon poppy seeds  
1/2 teaspoon minced onions  
1/4 teaspoon Worcestershire Sauce  
1/4 teaspoon paprika  
1/4 cup vegetable oil  
1/3 cup cider vinegar



## Chef's Choice

Strawberry Spinach Salad  
Bread sticks  
Chicken strips  
Low fat milk



## Directions:

**Remember to wash your hands!**

1. Wash spinach leaves and strawberries in clear water and drain well.
2. Remove stems from spinach leaves, tear into bite-size pieces and place in a large bowl.
3. Remove stems, slice strawberries and add to spinach. Cover and chill until serving time.
4. In a blender or food processor, combine sugar, seeds, onions, Worcestershire Sauce and paprika.
5. With blender running, add oil and vinegar to combine ingredients. Chill.
6. Toss spinach and strawberries with about half the dressing, reserving the rest for another recipe.



**Helpful Hints:** Wait to combine the dressing with the salad until just before serving. Separately, both will keep in the fridge for a couple days. Drizzle the dressing over the strawberries and spinach, then toss.

Kids of all ages can help prepare this salad. Even preschoolers can tear the spinach leaves while older kids can help measure and use the blender to make the dressing. With everyone having a hand in preparation, they will be much more likely to taste and like this spinach salad.



**Safety Tips:** Fresh fruit and vegetables from the garden or farmer's market need special attention! Be sure to wash spinach leaves and strawberries well in a sinkful of cold water to remove sand and dirt. Dry on a clean paper towel before combining with other ingredients.

## Nutrition Facts

Serving Size 1 cup (212g)  
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 110

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 1.5g 7%

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 27g 9%

Dietary Fiber 4g 17%

Sugars 21g

Protein 4g

Vitamin A 210% • Vitamin C 110%

Calcium 15% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).