

SPINACH STRAWBERRY SALAD

Fresh strawberries top this spinach salad while frozen strawberries enhance the dressing.

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Strawberries

Yield: Serves 4-6

Ingredients

Dressing:

8 oz. frozen strawberries, sliced

3 T. red wine vinegar

2 T. olive oil

Salad:

⅓ c. sliced almonds, toasted

6 (4 oz. each) chicken breasts, grilled

2 c. baby spinach, washed

2 c. fresh strawberries, sliced

½ c. red onion, sliced

Preparation

Combine all dressing ingredients in blender; set aside.

Toast almonds; cool.

Grill chicken breasts; cool.

Toss spinach, strawberries and onions in bowl.

Slice chicken and place on top of salad. Sprinkle with almonds. Serve with dressing.

Add bread to make it a complete meal. Delicious as an entrée salad or a side.