

## Strawberry and Spinach Salad

*This spring salad is teaming with Vitamin A and Vitamin C. The bright green of the spinach and contrasting red of the strawberries is beautiful and the flavors are excellent together.*

1 pint fresh strawberries  
2 bunches fresh spinach  
1/2 cup sugar  
1 1/2 tablespoons minced green onion  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon paprika  
1/2 cup olive oil  
1/2 cup balsamic or cider vinegar  
2 tablespoons sesame seeds

Wash strawberries under cool running water. Remove caps and set aside to drain. Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain. In a medium bowl combine remaining ingredients and whisk together. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach. Pour dressing over all and toss.

Makes 8 servings.

Courtesy of Dr. Catherine Hebert  
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