

Spinach Strawberry Salad

NUMBER OF SERVINGS: 8

Ingredients

- Spinach leaves, fresh, cleaned and stems removed 1 pkg 10 oz (300 g)
- Ontario strawberries, sliced 2 pt
- Sweet onions, diced ½ cup (75 mL)
- Feta cheese, diced or crumbled 1 pkg 4 oz (100 g)

Directions

1. Toss spinach, strawberries, onion, and cheese in a large serving bowl.
2. Add dressing, tossing to coat.
3. Serve immediately.

NUTRITION PER SERVING

Calories 102 | Protein 6 g | Fat 5 g | Carbohydrates 10 g | Fibre 4 g | Sodium 226 mg



A strawberry plant is not grown with a seed. The runners of a strawberry plant, or the shoots sent out by the plant develop new roots. The runners then cultivate new fruit-bearing plants.

Honey Salad Dressing

NUMBER OF SERVINGS: 8

Ingredients

- 100% Ontario honey ¼ cup (60 mL)
- Oil ¼ cup (60 mL)
- White vinegar ¼ cup (60 mL)
- Poppy or Sesame seed (optional) ⅓ cup (30 mL)
- Paprika ½ tsp (2.5 mL)
- Dried minced onion ½ tsp (2.5 mL)
- Worcestershire sauce ½ tsp (2.5 mL)
- Dry mustard powder ¼ tsp (1.25 mL)

Directions

1. Mix all ingredients together. Stir well to be sure the honey is mixed thoroughly. Shake well before using. Keep unused portions in the refrigerator.

NUTRITION PER SERVING

Calories 109 | Protein 0.5g | Fat 9g | Carbohydrates 10g | Fibre 0.3g | Sodium 4mg



Honey is sold by grade and colour. It comes in white, golden, amber and dark. The darker the colour, the stronger the flavour.



Honey has antibacterial properties and is being studied for its potential to support the healing process.

Salads



Recipe
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