

SPINACH SALAD WITH STRAWBERRIES AND PECANS

from Moosewood **Cooking for Health** cookbook

Ingredients

- 8 oz fresh **spinach**
- 1 cup **strawberry** halves
- 1 cup **pecan** halves (or walnuts, or almonds)

Dressing:

- ½ cup **cider vinegar**
- ⅓ cup **oil**
- ¼ cup **sugar**
- 1 Tbsp **Dijon mustard**
- 1 tsp **salt**
- ½ tsp **pepper**
- 1 small **onion**
- 2 tsp **poppy seeds**

Instructions

- 1.** In a large bowl, combine spinach, strawberries and pecans.
- 2.** Dressing: mix cider vinegar, oil, sugar, dijon mustard, salt pepper and onion in a food processor until smooth. Add poppy seeds and mix.