

# Spinach & Berries Salad

Sue Lasswell's recipe from one of the Colorado Women's League cookbooks



*A lovely salad for a special meal*

## SALAD DRESSING:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1/4 cup sugar
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard
- 1/4 teaspoon onion powder

## SALAD:

- 3/4 cup slivered almonds, toasted
- 12 ounces spinach leaves, baby spinach if possible
- 1 head butter lettuce
- 1 bunch green onions, chopped
- 1 pint strawberries, thinly sliced
- 1/4 cup fresh dill, minced

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 10

*This can also be made with a mixture of berries: blueberries, raspberries, and strawberries. Nutritional count includes using all of the dressing, and you probably wouldn't do so.*

1. Mix salad dressing - olive oil through onion powder - and allow to sit to mellow flavors.
2. Combine salad ingredients in a large bowl and pour dressing (taste to see how much is needed) over.

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Per Serving (excluding unknown items): 198 Calories; 17g Fat (72.3% calories from fat); 3g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates.