



Strawberry Spinach Salad



10 c baby spinach
2 c sliced fresh strawberries
1/2 c chopped sweet onion
1 c chopped pecans,
toasted (instructions below)
poppy seed dressing
(instructions below)

Combine spinach, strawberries, onion and pecans. Add dressing and toss gently. Serve immediately.

Poppy Seed Dressing:

1/2 c vegetable oil
2 T cider vinegar
3 T sugar
1 T lemon juice
1 T poppy seeds
1/2 t salt
1/2 t ground mustard

Combine ingredients in dressing jar and shake well.

To toast pecans:

There are a few ways to toast pecans. You can melt 1 T butter and coat pecans evenly and bake on a cookie sheet at 350 for 5 minutes, stirring once halfway through cook time. Or, my favorite way: melt 1 T butter in saucepan over medium/low heat. Add 1 T brown sugar. Toss pecans in butter/sugar until evenly coated. Cook for 5 minutes, stirring occasionally. Meanwhile, mix 1/4 c brown sugar, 1/4 c white sugar and 1/2 t salt in brown paper bag. Add pecans and shake.