



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Strawberry Spinach Salad with Poppy Seed Dressing



1 quart fresh strawberries  
10 oz. fresh baby spinach  
1/2 cup walnut pieces  
1/4 cup honey  
1/4 cup olive oil  
1/4 cup apple cider vinegar

1 Tablespoon sesame seeds  
1 Tablespoon poppy seeds  
1 1/2 teaspoons minced onion  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon paprika

**Instructions:** Wash strawberries. Remove caps and slice into halves. Combine strawberries, spinach and walnuts in a large bowl. In a medium bowl, whisk honey, oil, vinegar, sesame seeds, poppy seeds, minced onion, Worcestershire and paprika. Pour dressing over spinach mixture and toss.

*Yield: 6 servings*

**Nutrition Facts** (per serving): 250 calories, 17 grams fat, 45 milligrams sodium, 23 grams carbohydrate, 4 grams fiber, 4 grams protein