

## ***Spinach & Berries Salad***

***Carolyn T's  
Cookbook***

**Servings: 10**

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



*Notes: 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.*

*Description: A lovely salad for a special meal*

**Preparation Time: 30 minutes**

Start to Finish Time: 1 hour

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.

### **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**

Categories: Cold Food, Holiday, Picnic, Salads

**Carolyn T's Blog:**

**<http://tastingspoons.blogspot.com>**

*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.*