

Strawberry/spinach salad

Dressing:

1/4 c sugar

1/2 t salt

1/6 c white wine vinegar

1/2 c olive oil

1 1/2 t poppy seeds (optional)

Salad:

1 bunch spinach, washed

10 large strawberries, sliced

3/4 c chopped pecans (optional)

Mix salad ingredients. Blend dressing ingredients (except poppy seeds) in blender until smooth. Stir in poppy seeds. Pour dressing over salad and toss to coat.

Linda Mc