

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Strawberry Spinach Salad

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Serves 4

10 oz. fresh spinach leaves

1 qt. ripe strawberries, hulled and sliced

1/3 cup pistachio nuts, shelled and roughly chopped (You can buy bags of shelled pistachios at Whole Foods. Also, try putting the pistachios in a Ziploc bag and roll over them with a rolling pin to "chop" them.)

Dressing:

¼ cup agave nectar (You can find this in the natural food section at Dierbergs.)

2 TB sesame seeds

1 TB poppy seeds

2 TB dried minced onion

¼ tsp. Worcestershire sauce

¼ tsp. dry mustard powder

¼ cup raspberry vinegar

½ cup olive oil

In a medium bowl, combine the dressing ingredients and whisk to blend. Cover and refrigerate until ready to use. It tastes best cold, which takes about 30-45 minutes. In a large bowl, toss together the spinach and pistachio nuts. When ready to serve, add strawberries, gently toss, pour the dressing over the salad and gently toss again.