

Recipe of the Month

APRIL



Spinach, Blueberry & Strawberry Salad

SERVES 6-8

PORTION SIZE: 3/4 - 1 CUP

INGREDIENTS:

- 1 lb. Spinach (approx. 3/4-1 bunch)
- 1/2 cup Vegetable or Olive Oil
- 1/4 cup Strawberries, sliced
- 1/4 cup Blueberries
- 1/4 cup Lemon Juice
- 1 tablespoon Honey or Sugar
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper

INSTRUCTIONS:

1. Wash spinach & dry thoroughly.
2. Add 1/4 cup of oil to spinach.
3. Add strawberries and blueberries to spinach.
4. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing. Add dressing to spinach. Mix. Refrigerate for 1 hour.

