

Ingredient list:

Summer Salad

- 8 cups torn fresh spinach*
- 2 pints fresh strawberries, sliced
- 3 large ripe bananas, cut into 1/4 inch slices
- 1/2 cup slivered almonds

Dressing

- 1/3 cup vegetable oil
- 1/4 cup cider vinegar**
- 3 Tablespoons sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon dry mustard powder

Directions:

Summer Salad

- In a salad bowl, combine the spinach, strawberries, bananas and almonds.

Dressing

- Place the ingredients in a clean jar with a tight fitting lid. Tighten the lid on the jar and shake over the sink until the ingredients are thoroughly mixed. Drizzle the blended dressing over the salad ingredients. Enjoy!

Notes:

*May substitute kale or lettuce or other clean, fresh green for the spinach

** Use any vinegar on hand. Red wine vinegar gives the dressing a pretty pink color.

MAT-SU STRONG

Growing healthy families



Make Half Your Plate Vegetables & Fruits