



Strawberry Spinach Salad

Fall Winter **Spring** Summer

NUTRITION INFORMATION

SERVING SIZE: 1¼ cups

Amount per Serving

Calories	134 kcal
Protein	3.72 g
Carbohydrate	8.56 g
Total Fat	10.43 g
Saturated Fat	1.20 g
Cholesterol	0 mg
Vitamin A	4146.15 IU
Vitamin C	26.19 mg
Iron	1.68 mg
Calcium	51.98 mg
Sodium	58.74 mg
Dietary Fiber	2.76 g

EQUIVALENTS: 1¼ cups provides ½ cup dark green vegetable, ⅓ cup other vegetable and ⅓ cup fruit.

Recipe HACCP Process: #1 No Cook

“The students are much more willing to try foods when they have met the farmer growing them or have seen where it was grown.”

— GAY TRUAX

Strawberry Spinach Salad • 50 servings (1¼ cups)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Sunflower or pumpkin seeds	1¼ lb	1 qt	① Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.	<i>Refrigerate the dressing (Step ⑥) for up to 1 week.</i>
Cucumbers	3 lb		② Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.	
Fresh strawberries	3 lb 4 oz		③ Hull strawberries and cut into ¼-inch thick slices.	
Romaine lettuce	2 lb 4 oz		④ Trim romaine and cut into 1-inch pieces.	
Baby spinach	2 lb 12 oz	2 gal + 2 qt	⑤ Mix spinach and romaine in a large bowl.	
Balsamic vinegar		½ cup	⑥ Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.	
Maple syrup		6 Tblsp		
Dijon mustard		1 Tblsp		
Garlic powder		1½ tsp		
Kosher salt		1 tsp		
Ground black pepper		1 tsp		
Vegetable oil or olive oil		1 cup		
			⑦ Add the strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.	