



# SPINACH AND ROMAINE STRAWBERRY SUMMER SALAD

SERVINGS: 96 SERVINGS CALORIES: 152 KCAL

Fresh spinach and romaine lettuce are combined with fresh strawberries, mandarin oranges, and tart cherries. Topped with a homemade strawberry vinaigrette, this is a delicious summer salad perfect on a hot day!

## INGREDIENTS

6 pounds Romaine lettuce, chopped  
 6 pounds Spinach, fresh  
 3 pounds Cherries, red tart dried  
 4 pounds Mandarin oranges, drained, light syrup  
 5 pounds Strawberries, fresh  
**STRAWBERRY VINAIGRETTE:**  
 10.5 cups Strawberries, frozen, whole unsweetened  
 3 cups Olive oil  
 2-1/2 cup Vinegar, balsamic  
 1 tablespoon Salt  
 1-1/2 tablespoon Pepper, black, ground  
 1/4 cup Tarragon, dried

## INSTRUCTIONS

1. Put chopped romaine and fresh spinach together in bowl.
2. Wash the strawberries and slice them, set aside.
3. Add cherries, oranges, strawberries, and lettuces together. Set aside.
4. Mix dressing recipe together, as listed below.
5. Drain excess juice off of the strawberries.
6. In a food processor blend strawberries, olive oil, and balsamic vinegar together.
7. Add salt, pepper, and dried tarragon and blend.
8. Add dressing to salad right before service.

## RECIPE NOTES

Notes: Put all ingredients together ahead of time and add dressing just before service.

Can serve dressing on the side.

Serving size: 1-1/4 cup

**Crediting: 1 serving provides 1/2 cup serving of dark leafy vegetable and 1/4 cup fruit**

## NUTRITION FACTS PER SERVING (1.25CUP)

Calories: 152 kcal | Fat: 7 g | Saturated fat: 1 g | Sodium: 103 mg | Carbohydrates: 22 g | Fiber: 3 g | Protein: 2 g | Calcium: 520 %

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*