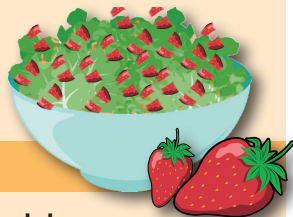


Spinach Strawberry Salad

Ingredients:

(Serves 4-6)

- ❑ 1 bunch or bag fresh spinach OR 1 head of green leaf lettuce
- ❑ ½ lb fresh strawberries
- ❑ 2-3 Tablespoons lowfat or nonfat Italian dressing
(or your favorite lowfat or nonfat dressing)



Directions:

- 1 Wash spinach or lettuce leaves under cold water. Break leaves into small pieces and put them into a large bowl.
- 2 Wash strawberries and pat dry.
- 3 Slice strawberries into pieces no larger than ½ an inch.
- 4 Add strawberries to the bowl with the spinach or lettuce leaves.
- 5 Add lowfat or nonfat dressing and toss to coat all the leaves.

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Tips:

1. Young children can help with all steps EXCEPT step 3.
2. Wash only those strawberries that you are using for the salad.
Washing strawberries too far ahead of time makes them spoil sooner.
3. Use the leftover strawberries to cut up over cold cereal, yogurt or oatmeal in the morning.
4. Feel free to add other fruits or vegetables, such as sliced cucumber or oranges, to this salad.
5. You could also top with diced pieces of cooked chicken to turn this dish into a whole meal!



Child **H**Health **I**nitiative for **L**ifelong **E**ating & **E**xercise