

Sweet Summer Berry Salad

Dressing:

2 Tablespoons Toasted Sesame Seeds

1 Tablespoon Poppy Seeds

½ cup Olive oil

¼ cup Cider Vinegar

¼ Cup White sugar

½ Tsp Worcestershire Sauce

1 Tablespoon Minced Onion



Add ingredients to a Mason Jar and shake well to combine. Chill For 1 hour.

Wash 10 oz of fresh Spinach and tear into bite size pieces.

Wash, hull and slice 1 quart of fresh Strawberries. Reserve 2 Berries for mashing.

Toast ¼ cup of Sliced Almonds Or ¼ cup of Broken Pecans

Crumble ¼ of Feta or Goat Cheese (omit if you aren't a fan)

Mash 2 berries with a fork until fine and add to the dressing and shake well.

Pour the dressing over the spinach and strawberries and top with Crumbles Feta and the

Toasted Almonds or Pecans. Serve Immediately.

Substitute with Raspberries or Black Berries for a fresh Twist.

Enjoy!

Love Tracy.