

Healthy Options Recipe

Spinach Salad

Ingredients:

- ¾ c. almonds, slivered and toasted
- 1 lb. spinach, rinsed and torn into bite size pieces
- 1 c. Craisins
- 2 T. sesame seeds, toasted
- ¼ c. white sugar
- ¼ t. paprika
- ¼ c. white wine vinegar
- ¼ c. cider vinegar
- ½ c. vegetable oil

Directions:

In large bowl, combine spinach with the toasted almonds and Craisins. In medium bowl, whisk together the sesame seeds, sugar, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving. Serves 8.

This recipe is provided by SHS Wellness Programs.

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- 1 lb. spinach, rinsed and torn into bite size pieces
- 1 c. Craisins
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- ¼ c. white sugar
- ¼ t. paprika
- ¼ c. white wine vinegar
- ¼ c. cider vinegar
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