

Strawberry Spinach Salad



1/2 lb. baby spinach leaves, rinsed and dried.
1/4 cup green onions, thinly sliced
2 T slivered almonds, slightly toasted in a dry pan
1/2 cup strawberries, sliced
1 T fresh dill, finely chopped

Dressing:

1 T red wine vinegar
1 T Splenda®
1/2 tsp. finely minced fresh garlic
1/8 tsp. salt
1/8 tsp. black pepper
1/8 tsp. dry mustard powder
1/8 tsp. onion powder
1/8 cup extra virgin olive oil

In a small bowl, whisk together the red wine vinegar, Splenda, garlic, salt, black pepper, dry mustard, and onion powder. When those ingredients are well combined, whisk in olive oil and let dressing flavors blend while you prep other ingredients.

Place spinach in large mixing bowl. Add thinly sliced green onions, slivered almonds and chopped dill, and mix together.

Whisk dressing a few times to be sure it's well-mixed, then add desired amount of dressing to salad and toss.

Arrange salad on individual serving plates. Arrange strawberries over salad on each plate and serve. Makes 4 servings.

Nutrition information per serving: 162 calories, 3 grams protein, 8 grams fat, 4 grams carbohydrate, 118 mg sodium.