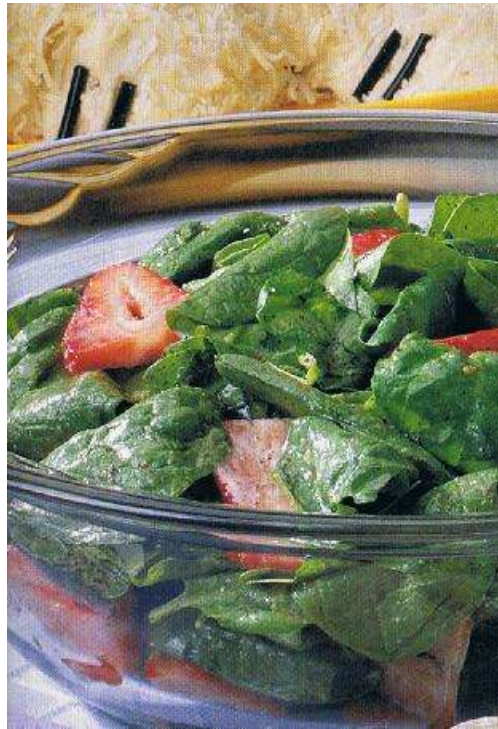


Spring Salad



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| Fresh spinach leaves, lightly packed | 6 cups |
| Fresh strawberries, halved | 2 cups |

Sweet and Sour Dressing

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|-----------------------|-----------|
| Granulated sugar | ¼ cup |
| Apple cider vinegar | 3 tbsp. |
| Sesame seeds, toasted | 1 ½ tbsp. |
| Poppy seeds | 2 tsp. |
| Onion powder | ¼ tsp. |
| Worcestershire sauce | ¼ tsp. |

Put spinach and strawberries into large bowl. Toss.

Sweet and Sour Dressing: Process all 6 ingredients in blender until smooth. Makes about 1/3 cup dressing. Drizzle over spinach mixture. Toss. Serves 6.

Mandarin oranges can also be added.