

## Spinach and strawberry salad

10 oz spinach washed and dried

1 quart strawberries hulled and quartered

1/3 cup toasted sliced almonds

### Dressing:

Juice of ½ lemon

2 Tablespoons white wine vinegar

1/3 cup sugar

1 Tablespoon vegetable oil

1 teaspoon poppy seeds

Place spinach, strawberries, and almonds in a bowl and toss. In a small bowl or jar with lid, place lemon juice, vinegar, sugar, oil, and poppy seeds. Whisk in bowl or shake in jar until sugar is dissolved. Dress salad just before serving.

Can substitute drained canned Mandarin oranges for strawberries, or diced apples, diced pears, or blueberries.