

Strawberry Satisfaction Salad

Ingredients

YIELDS: 10 servings

PREP TIME: 15 minutes

Salad

- 5 cups (1.25 L) fresh mixed greens or baby spinach
- 1 cup (250 mL) fresh strawberries
- ½ cup (125 mL) pasteurized feta cheese

Dressing

- ¼ cup (60 mL) red wine vinegar
- ½ cup (125 mL) canola oil
- 1 tbsp. dry mustard
- 1 tsp. sugar



EQUIPMENT: Cutting board / 2 knives / liquid measuring cup / large mixing bowl / medium bowl / spoon / small bowl / small plates for sampling

Directions

- 1) Thoroughly wash strawberries and salad greens under cool running water
- 2) Remove stems from strawberries, discard any spoiled berries and cut away bruised areas.
- 3) Slice strawberries into a medium sized bowl.
- 4) Crumble feta cheese.
- 5) Pat salad greens dry and place in a large bowl.
- 6) Add strawberry slices and crumbed cheese.
- 7) In a separate bowl, combine red wine vinegar, canola oil, dry mustard and sugar.
- 8) Drizzle dressing over salad, toss and serve immediately.

Chef's Tip ..



Consider adding sliced almonds to this salad when making it at home and nut allergies are not a concern.

Let's Get Cookin'!

