

Very Berry Spinach Salad by Lynn's Recipes



Lynn demonstrates how to make a delicious and healthy salad. My friend Brenda Fernandez shared this recipe with me. Great for lunch or as an accompaniment for a dinner.

Ingredients:

Salad:

- 1 bunch or bag of fresh clean spinach, torn
- 1 pint strawberries, sliced
- Feta Cheese, crumbled
- Crasins

Dressing:

- 1/3 cup vegetable oil, (I used Grapeseed Oil)
- 1/3 cup cider vinegar
- 1/2 cup sugar
- 1 Tablespoon sesame seeds
- 1 Tablespoon minced onion
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon paprika

Place all salad ingredients in a large bowl.

Whisk ingredients for the dressing together until well blended. Pour desired amount over salad.

Very Berry Spinach Salad by Lynn's Recipes

[Comment or watch this Recipe on You Tube](#)



Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes: August 2014
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)