

Spinach Salad and Strawberries

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 3 minutes

Serves: 4 - 6

CChints: Spinach and fresh strawberries are a natural combination. Add ham and you have a wonderful salad. You can get honey maple ham at your supermarket deli. Here is a fun way to hule strawberries. Use a sharp paring knife to remove the green stems. Then find an ordinary drinking straw and position it over the hule in the center of the strawberry. Gently push it straight through the bottom of the strawberry and the hule will be captured in the straw. When the straw is full, squeeze it out and keep going until you are done with all of the strawberries.



10 ounce bag prewashed spinach leaves

1/2 pound honey maple ham, sliced 1/3 inch thick and then into strips

2 cups fresh strawberries, sliced

1 can water chestnuts, sliced

1/2 cup toasted pecans, pine nuts or chopped walnuts

Garnish with reduced fat, crumbled Feta Cheese

Dressing:

6 tablespoons extra-virgin olive oil

2 tablespoons Raspberry vinegar

1/2 teaspoon honey

1/2 teaspoon Dijon mustard or Dijonnaise®

You will have several small bowls of items. Set them up in an assembly line, spinach, first then each item in the order listed.

In a small bowl, whisk together the dressing ingredients and set it aside. Chop the ham and put in a separate bowl and set aside.

Rinse the strawberries and pat dry. With a sharp paring knife, remove the stems and hulls. The hulls are the white center core of the strawberries. Slice the berries and put in a bowl.

To toast the pecans and place them in a small, dry nonstick skillet over medium heat. Stir occasionally until the pecans turn a little brown. Remove from the pan to cool on a paper plate.

Put about 1 cup of spinach on each plate. Sprinkle with water chestnuts, strawberries, ham and pecans. Whisk the dressing one more time and sprinkle over salads. Garnish with the cheese and enjoy.