

SALADS

Spinach & Strawberry Salad

Makes about 8 servings · ~1½ cups each

SATIETY SCORE	NUTRITION
3 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 170	

Ingredients

- Salad: 2 packages prewashed spinach salad mix
- Salad: 1 pint strawberries, sliced
- Dressing: ¼ cup honey
- Dressing: 2 Tbsp sesame seeds
- Dressing: 1 Tbsp poppy seeds
- Dressing: 1½ Tbsp minced onion
- Dressing: ¼ tsp Worcestershire sauce
- Dressing: ¼ tsp paprika
- Dressing: ½ cup olive oil
- Dressing: ¼ cup cider vinegar

Directions

1. Mix the spinach and strawberries.
2. Mix the dressing ingredients together.
3. Pour the dressing over the salad right before serving.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Spinach & Strawberry Salad

Makes about 8 servings · ~1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 packages prewashed spinach salad mix
- ☐ 1 pint strawberries
- ☐ 1 medium onion (about ⅓ cup minced)

PANTRY & DRY GOODS

- ☐ 2 Tbsp sesame seeds
- ☐ 1 Tbsp poppy seeds
- ☐ ¼ tsp Worcestershire sauce

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Paprika
- ☐ Olive oil
- ☐ Vinegar