



# Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b> olive oil
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ <b>cup</b> plain non-fat Greek yogurt or plain regular yogurt	$\frac{1}{2}$ <b>teaspoon</b> Dijon mustard
<b>1 cup</b> golden raisins	<b>3 tablespoons</b> honey	<b>1 teaspoon</b> poppy seeds
<b>1 cup</b> halved red grapes	<b>6 tablespoons</b> apple cider vinegar	<b>1 teaspoon</b> salt
<b>1 pint</b> sliced strawberries		$\frac{1}{2}$ <b>teaspoon</b> pepper
$\frac{1}{2}$ small red onion, sliced		
$\frac{1}{2}$ <b>cup</b> toasted and chopped pecans (optional)		

**Combine** all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

**Yield:** 8, 2-cup servings

### Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

# Kentucky Strawberries

**SEASON:** May through June

### NUTRITION FACTS:

Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

**SELECTION:** Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

**STORAGE:** Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

**HANDLING:** Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

### STRAWBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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<http://plateitup.ca.uky.edu>



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