

Strawberry Spinach Salad with Strawberry Vinaigrette Recipe

SPINACH
to WIN it!

Adapted from Noble Pig

Helpful Equipment

- A blender or jar (for dressing)
- Measuring cups and spoons
- Large bowl
- Serving utensils
- Salad Spinner
- Colander
- Citrus juicer (for lemon)
- Cutting boards
- Kids' safe nylon knives
- Hand-crank food processor (for onion)



Ingredients

For the Vinaigrette:

- 1-1/2 cups sliced fresh strawberries
- 2 tbsps fresh lemon juice
- 3 tbsps apple cider vinegar
- 3 tbsps avocado oil or light olive oil
- 1/4 tsp finely ground black pepper

For the Salad:

- 16 oz fresh strawberries, washed, hulled and sliced
- 10 oz fresh spinach, washed and dried
- 3/4 cup sliced almonds
- 1/2 small red onion, thinly sliced

Instructions

1. First things first! Everyone should wash their hands with soap and water.
2. Add all ingredients for the vinaigrette to the jar of a blender and blend until well combined. Set aside.
 - a. Break up these tasks and assign to different students:
 - i. Have a couple students take charge of washing the produce.
 - ii. Have one or two students slice strawberries.
 - iii. Have another student squeeze the lemon juice.
 - iv. Have a couple students measure out the oil, vinegar, and pepper.
3. In a large bowl, add the salad ingredients and toss well.
 - a. Break this up into tasks and assign to different students, as well:
 - i. Have a student measure, wash, and spin the spinach.
 - ii. Have one or two students slice strawberries.
 - iii. Have a student measure almonds.
 - iv. Have a student slice red onion, using a hand-crank food processor or a nylon knife.
4. Dress the salad, toss, and serve immediately.

Consider trying this with other available local fruits when strawberries aren't easy to come by!

