**STRAWBERRY SPINACH SALAD**

**Grades:** K-12  
**Yield:** 25-50 portions

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th><strong>25 SERVINGS</strong></th>
<th><strong>50 SERVINGS</strong></th>
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<tbody>
<tr>
<td><strong>WEIGHT</strong></td>
<td><strong>MEASURE</strong></td>
<td><strong>WEIGHT</strong></td>
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<tr>
<td>Sunflower or pumpkin seeds</td>
<td>12 oz.</td>
<td>1 ¼ lb.</td>
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<tr>
<td>Cucumbers</td>
<td>1 ½ lb.</td>
<td>3 lb.</td>
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<tr>
<td>Fresh strawberries</td>
<td>1 lb. 10 oz.</td>
<td>3 lb. 4 oz.</td>
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<tr>
<td>Romaine lettuce</td>
<td>1 lb. 2 oz.</td>
<td>2 lb. 4 oz.</td>
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<tr>
<td>Baby spinach</td>
<td>1 lb. 6 oz.</td>
<td>2 lb 12 oz.</td>
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<tr>
<td>Balsamic vinegar</td>
<td>¼ cup</td>
<td>½ cup</td>
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<tr>
<td>Maple syrup</td>
<td>3 Tbsp</td>
<td>6 Tbsp</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>½ Tbsp</td>
<td>1 Tbsp</td>
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<tr>
<td>Garlic powder</td>
<td>¾ tsp</td>
<td>1½ tsp</td>
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<tr>
<td>Kosher salt</td>
<td>½ tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp</td>
<td>1 tsp</td>
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<tr>
<td>Vegetable oil or olive oil</td>
<td>¼ cup</td>
<td>½ cup</td>
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**DIRECTIONS**

1. **Sanitize work area with bleach & water solution.**  
2. Wash hands.  
3. Put on food service gloves.  

**Cooking Methods:**

1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.  
2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.  
3. Hull strawberries and cut into ¼-inch thick slices.  
4. Trim romaine and cut into 1-inch pieces.  
5. Mix spinach and romaine in a large bowl.  
6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.  
7. Add strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.

**Serving Size:** 1 1/4 cup;  
**Meal Pattern Contribution:** ½ cup dark green vegetable, 1/8 cup other vegetable, 1/8 cup fruit.  
**Notes:**  
Refrigerate the dressing (step 6) for up to 1 week.

Recipe, analysis and nutritionals sourced from VT FEED New School Cuisine Cookbook

**HACCP/Serving Instructions:** HACCP Process:  
#1 No Cook - Hold at 40°F or lower throughout serving. Discard any dressed salads at end of service.  
**NUTRITION INFORMATION:**  
**SERVING SIZE:** 1¼ cups  
Amount per Serving Calories 134 kcal  
Protein 3.72 g  
Carbohydrate 8.56 g  
Total Fat 10.43 g  
Saturated Fat 1.20 g  
Cholesterol 0 mg  
Vitamin A 4146.15 IU  
Vitamin C 26.19 mg  
Iron 1.68 mg  
Calcium 51.98 mg  
Sodium 58.74 mg  
Dietary Fiber 2.76 g  
Recipe HACCP Process: #1 No Cook

Recipe and Meal Contribution Review completed by Put Local on Your Tray. SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.