

# Spinach and Strawberry Balsamic Salad

Adapted from: [Illinois Harvest of the Month](#)

Description: Tangy balsamic vinegar married with sweet maple syrup (use syrup from Minnesota if you can) creates a flavorful salad with seasonal spinach.

Yield: 100

Serving Size: 1 ¼ cup

USDA Meal Components:

## Ingredients:

- 2 ½ lbs Sunflower or Pumpkin Seeds (optional)
- 6 lbs Cucumbers
- 6 lbs 8 oz Strawberries, fresh
- 4 lbs 8 oz Romaine lettuce, chopped
- 5 lbs 8 oz Baby Spinach
- 1 cup Balsamic vinegar
- 12 Tbsps local Maple syrup, real
- 2 Tbsps Dijon mustard
- 3 tsp Garlic Powder
- 2 tsp Salt
- 2 tsp Black pepper
- 2 cups Vegetable oil

## Directions:

1. Toast seeds in a large skillet, over medium heat stirring often, until beginning to brown. Let cool.
2. Peel cucumbers, cut in half, and then slice ¼ inch thick.
3. Hull strawberries and cut ¼ thick slices.
4. Mix spinach and romaine in a large tub or bowl.

5. Whisk or process (w/ steel blade) vinegar, syrup, mustard, garlic powder, salt, and pepper until combined.
6. Slowly add oil in a stream and continue to emulsify for 10-20 seconds. Set aside.
7. Add strawberries, cucumbers, and seeds to greens. Drizzle dressing, tossing to coat.
8. Serve immediately.
9. CCP: Hold at a minimum of 41 F through service.

## Notes:

The tangy flavor of balsamic vinegar balances the sweetness of real maple syrup creating a perfect fit. By combining fresh spinach (a sharp flavor) and fresh strawberries (a sweet flavor) you create a flavor balance in the salad. Balancing flavors in your recipes creates a complex and pleasing taste profile as opposed to an overly sweet or bitter experience.

Experimenting with spinach recipes in school and at home increases your customers' exposure to the vegetable and allows them to taste fresh, local spinach in raw and in cooked applications.

## Nutrition Facts

100 Servings Per Recipe	Amount Per Serving	Percent Daily Value
<b>Serving Size</b>	1 ¼ cup	
<b>Calories</b>	134	
<b>Total Fat</b>	10.43 g	13.37%
<b>Saturated Fat</b>	1.2 g	6%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	58.73 mg	2.55%
<b>Total Carbohydrate</b>	8.56 g	3.11%
<b>Dietary Fiber</b>	2.76 g	9.86%
<b>Protein</b>	3.72 g	7.44%

Filed Under: School