



JERSEY TASTES!

RECIPES

Spinach Blueberry & Strawberry Salad

INGREDIENTS:

FAMILY-SIZE

SERVES: 6-8

PORTION SIZE: 3/4 - 1 CUP

- 1 lb. Spinach (approx. 3/4-1 bunch)*
- 1/2 cup Vegetable or Olive Oil
- 1/4 cup Strawberries, sliced
(Add more if you like!)
- 1/4 cup Blueberries
- 1/4 cup Lemon Juice
- 1 tablespoon Honey or Sugar
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper

* If using "ready to use" bagged Kale: Approx. 6 oz.

SCHOOL FOOD SERVICE

PORTIONS: 25

- 3 lbs. Spinach **
- 2 cups Vegetable or Olive Oil
- 1 cup Strawberries, sliced
- 1 cup Blueberries
- 1 cup Lemon Juice
- 1/4 cup Honey
- 1 teaspoon Salt
- 2 teaspoons Pepper

** If using "ready to use" bagged Spinach Approx. 2.25 lbs.



DIRECTIONS:

- 1 Wash spinach & dry thoroughly.
- 2 Add 1/4 cup (food service 1 cup) of oil to spinach.
- 3 Add strawberries and blueberries to spinach.

Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing. Add dressing to spinach. Mix. Refrigerate for 1 hour.
- 4

Fun Fact:
New Jersey ranks
3rd in spinach
production in the
country

**Portion Size: 1 cup = 1/2 cup
Veg/Dark Green**

RECIPES MADE IN COLLABORATION WITH:

