

SPINACH SALAD WITH STRAWBERRY MAYONNAISE



Healthy
Option

Mayonnaise is not taboo in a healthy diet—especially since nonfat brands are so readily available. This recipe gives commercial mayo a flavor boost by blending in fresh strawberries. The salad itself is a snap to toss together, requiring only spinach, berries and canned oranges. Topping with a sprinkling of walnuts is a *healthy option*.

1/2 pound spinach leaves
20 large strawberries, halved
1 can (11 oz) mandarin oranges, drained
1/2 c. nonfat mayonnaise
1/4 c. crushed strawberries

Wash spinach, remove stems and spin dry
Toss together the spinach, halved strawberries, and oranges
Mix the mayonnaise and crushed strawberries. Drizzle over
salad

serves 8

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