

Spinach, Strawberry and Hearts of Palm Salad

(makes 6-8 servings)

Ingredients:

- ½ cup Cider vinegar
- ¾ cup Sugar
- 2 tbsp fresh Lemon juice
- 1 tsp Salt
- 1 cup vegetable oil
- ½ small red Onion, grated
- 1½ tbsp Poppy seeds
- 1 tsp dry Mustard
- ½ tsp Paprika
- 1½ lbs fresh Spinach, washed, dried, stems removed and torn into pieces
- 1 can Hearts of Palm, drained and chopped
- 2 cups Strawberries, stemmed and sliced
- 1 cup chopped Walnuts

Directions:

For the dressing, combine the vinegar, sugar, lemon juice and salt in a small non-reactive sauce pan and heat over medium heat until the sugar dissolves, stirring frequently.

Remove pan from heat and let cool to room temperature.

When cooled, whisk in the oil, onion, poppy seeds, dry mustard and paprika until thoroughly combined.

Set dressing aside.

In a salad bowl, combine the spinach, hearts of palm, strawberries and walnuts.

When ready to serve, add some of the dressing and toss gently.

Serve the remaining dressing along side the salad so diners may add more if desired.