

 Hole punch to fit in your cookbook!




hands-on time: 15 minutes

start-to-eat time: 15 minutes

tools:

- knife & cutting board
- large salad bowl
- small bowl
- salad tongs

kids kitchen skills:

- making a salad
- cutting strawberries

ingredients

- 1 bunch fresh spinach leaves, washed and dried
- 1 cup fresh strawberries
- ¼ cup sliced almonds, toasted
- [Poppy Seed Dressing](#)

Makes Serves 4

After your family has tried this colorful, iron-rich salad once, you'll crave it again and again. It's yummy and healthy! Serve it with the Honey Poppy Seed Dressing.

step-by-step instructions

1. Remove the stems from the spinach. Tear or chop the leaves into bite-sized pieces. Place into a large salad bowl.
2. Hull and slice the strawberries into a small bowl.
3. Toss the spinach with the [Poppy Seed Dressing](#).
4. Add the sliced strawberries and almonds.

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5. Gently toss again and serve.

notes:

