

Simple Holiday Spinach Salad

Makes 8 -10 servings

Each group of students makes 1 recipe (10 servings)

Ingredients

- o 1 pound of **spinach**
- o **1/2 cup of carrots**
- o **1 cup of dried cherries**
- o 1 cup of chopped **walnuts**
- o **1 cup of Honey Mustard Balsamic vinaigrette**

Directions

1. Measure the amount of spinach, pea shoots, radishes, and carrots needed. Place each one into a large mixing bowl.
2. Measure out the amount of dried cranberries and walnuts, and add them to the large bowl with the veggies.
3. Mix up the salad dressing according to the recipe below.

Dressing: Honey Mustard Balsamic Dressing

Makes 1 cup. Each group makes 1 cup (one recipe)

- 1/3 cup balsamic vinegar
- 1/2 cup olive oil
- 2 tablespoons Dijon mustard
- 1 tablespoon honey

4. Measure each ingredient and combine in a small bowl or cup. Whisk ingredients together using a fork until smooth and evenly mixed.
5. When salad dressing is ready, pour over the combined vegetables, nuts, and fruits in the large bowl. Gently toss the salad to coat all the ingredients