



MARKET STRAWBERRY SALAD

June is strawberry season at the Market! This tasty and healthy salad combines fresh, sweet strawberries with greens and a light poppy seed dressing. Highly adaptable, this recipe can go from a side-dish to a delightful main course by adding grilled or roasted chicken, or goat cheese.

Strawberries are healthy as well as delicious - low in calories and high in Vitamin C and potassium. They are also rich in nitrate that can increase the flow of blood and oxygen to muscles, reducing muscle fatigue and making exercise easier. And did you know that strawberries are the only fruit that have their seeds on the outside?

INGREDIENTS

3 Tbsp. sugar
3 Tbsp. light mayonnaise
2 Tbsp. fat-free milk
1 Tbsp. poppy seeds
1 Tbsp. white wine vinegar

6 – 8 cups of greens, washed and torn into bite size pieces (such as romaine, red or green leaf, bib, or a combination)
1 cup sliced strawberries
3 Tbsp. slivered almonds, toasted

DIRECTIONS

1. Combine sugar, mayonnaise, milk, poppy seeds and vinegar in a small bowl; whisk until smooth.
2. Place greens in a large bowl; add strawberries and almost, tossing to combine.
3. Divide salad evening onto plates. Drizzle with dressing.

Serves 6

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