

Spinach and Strawberry Salad

(Makes about ten 1-cup servings)

2 bunches of spinach, rinsed and torn into bite-sized pieces
4 cups sliced strawberries
1/4 cup white wine vinegar
1/4 tsp. paprika
1/2 cup vegetable oil
2 T honey
2 T sesame seeds
1 T poppy seeds

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, vinegar, honey, paprika, and sesame and poppy seeds.
3. Pour over the spinach and strawberries, and toss to coat.

Optional: Feel free to use a smaller amount of this dressing on the salad, or substitute your favorite salad dressing instead.

Couscous Salad

(Makes 6 servings)

10-12 cherry or grape tomatoes, halved
1/2 medium bell pepper (green, red, or yellow), chopped
2 cups shredded fresh spinach
1 cup couscous, uncooked
1/4 cup plus 2 T low-fat Italian salad dressing

1. Chop bell pepper, halves tomatoes and shred spinach. Set aside.
2. Heat one cup water and 2 tablespoons salad dressing to boiling in a heat proof pan with a tight fitting lid.
3. Remove pan from heat and stir in couscous. Cover and let sit five minutes.
4. Fluff couscous with a fork. Add tomatoes, green pepper, spinach, and 1/4 cup salad dressing. Toss and serve warm or refrigerate to serve cold.