

Spinach Salad

By Chalene Everitt

Dressing

- 3/4 cup of Sugar
- 1/3 cup Apple Cider Vinegar
- 1 teaspoon Mustard
- 2 teaspoon Onion juice (I use onion powder)
- 2 teaspoon Poppy Seeds
- 1 teaspoon Salt
- 1 Cup Canola Oil (must be Canola or will not mix well)

Salad

Strawberries

Spinach

Mix dressing together, refrigerate. Serve over spinach and sliced strawberries.

I like to add sugar pecans to salad.

Sugar Pecans

- 1 Egg white
- 2 Cups nuts
- ½ Cup Brown Sugar

Heat oven to 300 degrees. Beat egg white until foamy, add nuts to egg white, then remove nuts and mix in brown sugar. Place on cookie sheet. Place in oven until nuts are browned. Nuts will puff up and brown. Do not overcook. Cool and break apart. You can mix in salad or serve on the side.