

Recipe:

Strawberry Salsa

1 cup coarsely chopped strawberries
1 tsp grated orange peel
1 tsp Dijon-style mustard
2 tbsp red wine vinegar

1 tbsp orange juice
1 green onion, finely chopped, top included
2 tbsp dried currants



Mix all ingredients in a bowl. Chill; serve with grilled chicken or fish.
Makes 1 ½ cups.

Strawberry and Spinach Salad

1 pint fresh strawberries
½ cup sugar
½ tsp Worcestershire sauce
½ cup olive oil
2 tbsp sesame seeds

2 bunches fresh spinach
1 ½ tbsp minced green onion
½ tsp paprika
½ cup balsamic or cider vinegar

1. Wash strawberries under cool running water. Remove caps and set aside to drain.
2. Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain.
3. In a medium bowl combine remaining ingredients and whisk together.
4. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach.
5. Pour dressing over all and toss.

Makes 8 servings.

Strawberry Banana Power Shake

1 cup skim milk
1 tbsp strawberry jam
1 small very ripe banana

3 tbsp wheat germ
½ cup sliced strawberries
4 ice cubes

Place all ingredients in a blender; blend on high speed until smooth, scraping down ingredients in blender if necessary. Divide into two tall glasses and enjoy.

SUBSTITUTION: eliminate the jam and use an additional ½ cup strawberries

Makes: 2 servings

