

Low Fat Poppy Seed Dressing with Spinach Strawberry Salad

Sweet and tangy poppy seed dressing works with any salad but is especially good with summer ripe strawberries and nutrient-packed spinach. Ideal for an outdoor summer or late spring brunch.

Serves 4

Ingredients

1/4 cup low fat yogurt, preferably Greek drained yogurt
Zest and juice of one lemon
1 tablespoon sugar or sugar substitute
1 tablespoon poppy seeds
1/4 cup olive or canola oil
1 pound baby spinach
1 pint strawberries, quartered
2 tablespoons slivered almonds, toasted

Directions

Prepare the dressing. Combine yogurt, zest, lemon, sugar or sugar substitute, poppy seeds, and salt, mix well. Stir in olive oil and chill.

Place spinach and strawberries in a large bowl and toss with dressing. Sprinkle with almonds and serve immediately.

Make It A Meal

Roasted Lemon Asparagus, Leek Quiche

Wine Pairing

Riesling or Sauvignon Blanc