



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### SPINACH AND STRAWBERRY SALAD

1 package baby spinach

1 cup seedless grapes, halved

1 cup fresh strawberries, hulled and sliced

¼ cup sunflower kernels

### SWEET AND SOUR VINAIGRETTE

1/3 cup apple cider or white wine vinegar

1 shallot, very finely chopped

1/3 cup sugar

1 teaspoon salt

½ teaspoon Worcestershire sauce

2/3 cup vegetable oil

1. Wash and drain spinach; spread on paper towels. Gently roll up spinach in paper towels to dry. (May place in plastic bag and refrigerate overnight, if desired.)
2. For vinaigrette: Place vinegar, shallot, sugar, salt, and Worcestershire in large jar. Cover and shake until sugar dissolves. Add oil; cover and shake until blended. Makes 1 cup.
3. Place spinach in large salad bowl. Toss with 3 or 4 tablespoons of Sweet and Sour Vinaigrette. Add grapes, strawberries, and sunflower kernels; toss gently to mix. Serve remaining vinaigrette on the side.

Makes 6 servings.

NOTE: Vinaigrette can also be made in blender container. Place vinegar, shallot, sugar, salt, and Worcestershire in blender container. Cover and blend until sugar dissolves. With machine running, pour in oil in slow, steady stream and blend until well mixed.

