

CRISP STRAWBERRY SPINACH SALAD

Ingredients

- 4 cups baby spinach
- 1 cup hulled strawberries, sliced
- 1/3 cup red onion, chopped
- 1/3 cup baby carrots, julienned
- 1/4 cup French salad dressing
- 1 Tbsp roasted sunflower seeds

Directions

1. Combine spinach, strawberries, onion, and carrots in a large salad bowl.
2. Add dressing to salad. Toss well to fully mix and coat.
3. Sprinkle sunflower seeds over salad.
4. Serve immediately.

Serves: 4