

# Betty's Zesty Strawberry-Blueberry Spinach Salad Recipe



Uploaded on 5 Feb 2009

In this video, Betty demonstrates how to make a delicious spinach salad. It is a great-tasting salad and will have your family enjoying eating vegetables and fruits!

## Ingredients:

- 1/2 of a 9 oz. bag of spinach, washed and dried with a paper towel
- 1 cup strawberries, washed and halved
- 1/2 cup blueberries, washed
- 1/2 cup chopped pecans
- 1/2 cup blue cheese
- 1/2 cup bottled poppyseed dressing

In a large salad bowl, place 1/2 bag of spinach. Add in 1 cup of strawberries, 1/2 cup of blueberries, 1/2 cup of chopped pecans, and 1/2 cup of blue cheese. Mix together gently, so as not to bruise the spinach. Add 1/2 cup bottled poppyseed dressing, and mix thoroughly. Serve in individual salad bowls. Be proud of yourself for eating a healthy salad!