

CHBC Demo Recipes

Spinach and Strawberry Salad

A

1 pint	sliced strawberries
1 tbsp	cracked black pepper
2 tbsp	white sugar
¼ cup	minced red onion
½ cup	rice vinegar
1¼ cup	grapeseed oil

B

1 bunch	spinach (trimmed and rinsed)
1 head	Belgian endive (trimmed and rinsed)
½ bulb	fennel (julienne cut)

C

1 cup	feta cheese (cubed)
½ cup	pine nuts
½ cup	dried currants
2	oranges (segments only)

Mix strawberries, pepper and sugar. Let stand for 20 minutes. Meanwhile, thoroughly whisk together the rest of the **A** ingredients. Mix in strawberries. In a large bowl toss **B** ingredients with your preferred amount of dressing. Garnish with **C** ingredients.



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