

Farmers Market Fun Family Recipes

STRAWBERRY- ALMOND SALAD



Serving Size: 1½ cups

Yield: 1 serving

Ingredients

1 cup spinach leaves

3 large strawberries, sliced

2 Tablespoons almond slivers

¼ cup red or green grapes, halved

Instructions

Combine ingredients in salad bowl and serve with your favorite low-fat dressing.

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Nutrition information:

Calories: 140
Carbohydrate: 16 gm
Fiber: 4 gm
Fat: 7 gm
Protein: 3 gm
Cholesterol: 0 mg
Sodium: 25 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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