My sister Sally Wood joined me in the kitchen to share her recipe for Strawberry Spinach Salad, a delicious versatile summer salad with a homemade dressing. Sally's segment originally aired on Kathryn's Kitchen August 7, 2020.

My conversation with Sally and this recipe are also available as a podcast at KPOV.org – programming – local shows and archives – Kathryn's Kitchen – Kathryn's Kitchen podcast.

SALLY WOOD'S STRAWBERRY SPINACH SALAD

Ingredients:

Dressing:
½ cup white sugar
½ cup brown sugar
½ cup cider vinegar

Salad:
5 ounces baby spinach cleaned and torn (if necessary) into pieces
1 cup cleaned and sliced strawberries
1/3 cup toasted sliced almonds
½ cup cleaned and sliced fresh white button mushrooms

To make the dressing, mix the white sugar, brown sugar, and cider vinegar in a small saucepan. Bring to a gentle boil. Boil for 2 – 3 minutes until the dressing reaches the consistency of maple syrup. Take off the heat and set aside to cool.

Place the salad ingredients in your favorite salad bowl. Serve with the cooled dressing on the side. (A little dressing goes a long way.)

Suggested substitutions:
1. Substitute fresh or canned mandarin oranges or blueberries for the strawberries.
2. Substitute a nut of your choice for the sliced almonds. Toast them.
3. Substitute small portabello mushrooms for the white button mushrooms.
4. Substitute poppy seed or oil and vinegar for the sugar and vinegar dressing.