

Low Glycemic Steak Spinach Salad

- 12 cups (1 pack prewashed) loosely packed, fresh spinach leaves
- 1 medium red onion sliced thin
- 1/2 lb. sautéed 2" long strips of sirloin (top round or London broil also good) steak sliced thin
- 1 orange peeled and sectioned
- 1/2 peeled cucumber, sliced thin crosswise
- 1/2 cup washed, dried mushrooms sliced thin
- 1/4 cup crumbled Roquefort cheese

Be sure to remove the stems of the spinach, wash with water and dry carefully. Toss salad with all ingredients, add 2 - 3 T. of [low calorie salad dressing](#) or dressing below, toss some more and serve. 4 servings.

320 calories per serving

Spinach Strawberry Salad Recipe

- 12 cups (1 pack prewashed) fresh spinach leaves
- 1 - 2 cups of strawberries, hulled and sliced in half
- 3/4 cup crispy pecans* chopped

* For the crispy pecans you need to soak them in water mixed with 1/2 teaspoon of salt overnight. Drain in a colander, spread on a baking sheet and roast in a warm oven at 150 degrees all day until completely crispy and dry. To make a large batch put 4 cups of pecans in 2 teaspoons of salt and water in a bowl and cover. Drain and roast in the oven over night in very low heat 150 degrees.

220 calories per serving

For the dressing mix together 6 T. olive (or walnut) oil, 6 T. white wine or apple cider vinegar, 1 teaspoon fructose, salt and pepper to taste. Mix all the ingredients together and toss the salad gently with half the dressing or until the spinach leaves are covered. Refrigerate what you don't use.