

## **Spinach Steak Salad**

- 12 cups (1 pack prewashed) loosely packed, fresh spinach leaves
- 1 medium red onion thinly sliced
- 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 if you don't have prewashed spinach. Toss salad with all ingredients, add 2 - 3 T. low calorie salad dressing or the dressing below, toss some more and serve.

4 servings.

**320 calories per serving**

## **Spinach Strawberry Salad**

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

Prepare your pecans (see below) the day before you plan to make your salad. Save a few pecans whole to garnish your salad. Place your spinach and strawberries in a large salad bowl and toss. Add the salad dressing below and toss again. Lastly add the crispy pecans and toss once more.

\* Soak the pecans 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 bowl and cover. Drain and roast in the oven over night in very low heat 150 degrees. These are good in salads or to eat as a snack.

Serves 4

**220 calories per serving**

## **Spinach Steak Salad**

### **Spinach Salad Dressing**

- 6 T. olive (or walnut) oil,
- 2 T. white wine or apple cider vinegar
- 1 teaspoon coconut palm sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

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.