



# Cranberry Spinach Salad

Shine **365**  
Marshfield Clinic

**PREP TIME:** 10 minutes • **COOK TIME:** 10 minutes • **SERVINGS:** 8

## INGREDIENTS

- \* 1 tablespoon butter
- \*  $\frac{3}{4}$  cup almonds, blanched and slivered
- \* 1 pound fresh spinach, rinsed and torn into bite-size pieces
- \* 1 cup dried cranberries
- \* 2 tablespoons toasted sesame seeds
- \* 1 tablespoon poppy seeds
- $\frac{1}{2}$  cup white sugar
- 2 teaspoons minced onion
- $\frac{1}{4}$  teaspoon paprika
- $\frac{1}{4}$  cup white wine vinegar
- $\frac{1}{4}$  cup cider vinegar
- $\frac{1}{2}$  cup vegetable oil

## INSTRUCTIONS

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat and let cool.

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar and vegetable oil. Toss with spinach just before serving.

In a large bowl, combine the spinach with the toasted almonds and cranberries.

## NUTRITION INFORMATION

Each serving contains about 338 calories;  
5 g protein; 58 mg sodium; 30 g carbohydrates.

*Source: allrecipes.com*