

## Seasonal Eating



## Chicken Spinach Strawberry Salad

3/4 cup sugar  
1 teaspoon salt  
1 teaspoon dry mustard  
1/3 cup red wine vinegar  
1 teaspoon finely grated onion and onion juice  
1 cup vegetable oil  
1 tablespoon poppy seed  
1 cup sliced almonds  
6 cups torn fresh spinach  
1 quart fresh strawberries, washed, hulled and sliced  
3 kiwi fruits, peeled and sliced  
3 cups cooked and chopped chicken breasts

In a blender jar combine sugar, salt, mustard, vinegar and onion juice and process until smooth. With blender on high, add oil in a slow, steady stream. Pour mixture into a serving bowl and stir in poppy seeds. Cover and chill. Bake almonds in a shallow pan at 350 degrees for 5-10 minutes or until toasted, stirring occasionally. Place spinach on individual serving plates; top with strawberries, kiwi fruit, chicken and toasted almonds. Serve with dressing.