INGREDIENTS

**Berry Feta Spinach Salad**

**Salad Ingredients**
- 5 1/2 gal Baby spinach
- 4 1/2 cup Strawberries (sliced)
- 4 1/2 cup Blueberries
- 4 1/2 cup Raspberries
- 9 ea Kiwis (sliced)
- 4 1/2 cup Watermelon (diced)
- 3 cup Feta cheese (crumbled)
- 54 svg Caramelized pistachios
- 54 svg Creamy Strawberry Poppy Seed Dressing (291.23 g per serving)
- 54 svg Whole grain roll

**Creamy Poppy Seed Dressing Ingredients**
- 3 lb Fat free strawberry yogurt
- 2 1/4 cup Light mayonnaise
- 1 1/8 cup Sour cream
- 3 1/4 gal Nonfat milk
- 1 2/3 cup Sugar
- 9 Tbs Apple cider vinegar
- 9 Tbs Poppy seeds
- 9 Tbs Sesame seeds
- 4 1/2 Tbs Dehydrated onion (minced)

**Caramelized Pistachio Ingredients**
- 4 1/2 cup Pistachios (unsalted)
- 1 1/8 cup Sugar
- 4 1/2 Tbs Butter/margarine blend
- 1 1/8 tsp Cinnamon (ground)

NUTRITION

- Calories: 450
- Sodium: 580 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 7%

Number of Servings: 54 (458 g per serving)

Recipe courtesy of LincolnHealth

INSTRUCTIONS

1. Heat a pan over medium heat and add nuts, sugar, butter and cinnamon. Stir constantly with a rubber heat-proof spatula for approximately 5 minutes or until the nuts are evenly coated in the melted sugar/butter.
2. Immediately transfer nuts to parchment paper and separate using 2 forks OR let the nuts harden together and break them apart with your fingers once cooled. The nuts and coating will harden in 5-7 minutes. Set aside.
3. In a blender, add all of the dressing ingredients, except for sesame and poppy seeds (batch blend if necessary) and blend until smooth.
4. Add poppy seeds and sesame seeds and gently mix by hand to combine. Add additional milk for a thinner dressing. Store refrigerated until service.
5. Toss salad ingredients and caramelized pistachios together before serving.
6. For each individual portion, serve with a whole grain roll and dressing on the side.

Presentation Idea: Serve each fruit, nut and cheese ingredient sectioned on top of individual portions of spinach.