SPINACH SALAD WITH RED-WINE VINAIGRETTE

This is a quick tasting activity that works with spinach from your Learning Garden but don’t hesitate to try it with other greens as well! For extra flavor and nutrients add in dried fruit or nuts to this healthy and tasty salad. **Bolded ingredients can be grown and harvested in your Learning Garden.**

**Ingredients:** *(recipe makes approximately 15 tasting portions)*

*For the salad:*
- Spinach, 5 cups
- Dried fruit or nuts, optional

*For the vinaigrette:*
- Fresh herbs, 4-5 tablespoons
- Extra virgin olive, ½ cup
- Red wine vinegar, ¼ cup
- Honey, to taste
- Salt and pepper, to taste

**Equipment:**

**Directions:**

- Gently tear spinach into ¼ inch pieces, place into mixing bowl.
- Combine ingredients for vinaigrette in a mason jar with a lid and shake until fully combined.
- Taste dressing and adjust flavor as needed.
- Drizzle vinaigrette over the spinach and toss with tongs until evenly coated.
- Serve in a reusable cup or plate, or on a napkin.

**Student Reflection:**

- Describe the spinach. This may include color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

**Student Notes:**