

SPINACH SALAD

Name _____ Period _____ Assign # _____

Directions: Prepare the spinach salad with your kitchen group. Answer the questions after you prepare the salad.

1 lb. spinach, rinsed in cold water several times.
2 hard cooked eggs, sliced
1/4 lb. mushrooms, washed and sliced
1/4 lb. bacon, cooked until crisp
1/2 small can Mandarin oranges
1/2 onion, chopped (could use scallions)
1 T. lemon juice
1 t. sugar
2 T. vinegar
salt and pepper to season

Wash and thoroughly drain the spinach. Place in a large serving bowl and add the egg and mushroom slices. Saute the onion in the bacon fat (use approx. 2 T. of fat and remove any extra fat). Add the lemon juice, sugar, and vinegar to the onions and fat; stir. Pour the dressing over the spinach mixture. Toss gently. Crumble the bacon and sprinkle on top. Serve immediately. As an option a commercial dressing can be used.

QUESTIONS:

1. Why is it necessary to wash the spinach several times?
2. Why should you use cold water to wash the spinach?
3. Which nutrients would you expect to get from eating this salad?
4. To make this salad healthier to eat, which ingredient would you remove? Why?