

Spinach, Strawberry and Bay Shrimp Salad with Poppy Seed Vinaigrette

Courtesy of A Healthy Kitchen

2 T. sugar
1 1/2 t. sesame seeds
3/4 t. poppy seeds
1 small shallot, finely minced
1/4 t. Worcestershire sauce
1/8 t. paprika
3 T. apple cider vinegar
3 T. vegetable oil (canola, grapeseed or corn oil)
1 lb. fresh spinach leaves, picked, washed and dried
1 pt. fresh strawberries, sliced
1/2 lb. cooked bay shrimp, chilled
Sea salt and fresh ground pepper to taste

In a large salad bowl, combine first seven ingredients and whisk to combine. Slowly add the oil and whisk to emulsify. Toss dressing with spinach and strawberries and divide onto four plates. Top with bay shrimp and serve immediately.