

LC Spinach Salad

No. of students: 30

Spinach	5 lbs
Whole red peppers	8
Almonds	2 cups
Olive oil	1 ¼ cup
Lemon juice	6 Tbsp
Salt	¾ Tbsp
Pepper	¾ Tbsp
Feta cheese	3 ½ cups

Directions:

Wash spinach, spin dry gently. Take off stems if they are big. Break leaves into smaller pieces. (Each cellophane bag of spinach is 5lbs)

Put in a covered container and store in walk-in.

Roast almonds in a dry frying pan, until they smell toasty. Put in a bowl, sprinkle some tamari over them and toss. Spread out on a plate and let them dry.

Wash red peppers, cut in half, take out seeds and core out stem. Slice very thin strips from top to bottom. Cut these strips in half.

Chop almonds until they look like large crumbs.

Crumble feta cheese.

Heat olive oil. Put red peppers in oil and let cook for a few minutes over medium heat. Don't let burn. Remove peppers from hot oil.

Put spinach in two serving bowls. Slowly pour hot olive oil over spinach while another person is tossing the spinach. When spinach begins to wilt, add lemon juice, red peppers, and almonds. Place the feta cheese in the large white china bowls and serve beside the spinach salad.