

Walnut-Cheese spinach salad

2 cups unsweetened raspberries

1/3 cup sugar

1/3 cup vegetable oil

2 tbs white wine vinegar

1/4 tsp Worcestershire sauce

1 package 6 ounces fresh baby spinach

1 small red onion

1/2 to 1 cup crumbled feta cheese

1/2 cup chopped walnuts

1. In a saucepan over medium heat, bring raspberries and sugar to a boil. Cook for 1 minute. Strain and discard pulp. In a blender, combine the raspberry juice, oil, vinegar, and Worcestershire sauce if desired; cover and process until smooth. In a salad bowl, combine the spinach, onion, cheese, and walnuts. Drizzle with desired amount of dressing; toss to coat. Makes 8 servings