

Oriental Spinach Salad

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I got this recipe from the Home Economics class when I taught at Nichols Junior High.

Ingredients

- 1 can bean sprouts (16 oz)
- 1 lb fresh spinach
- 1/2 cup salad oil
- 1/4 cup soy sauce
- 2 tbsp grated onion
- 2 tbsp sesame seeds (toasted in oven, 350 degrees)
- 2 tbsp lemon juice
- 1/2 tsp sugar
- 1/2 tsp pepper
- 1/4 to 1/2 cup water chestnuts, thinly sliced

Directions

1. Soak bean sprouts, drained, in cold water for several hours. When crisp, drain thoroughly.
2. Wash spinach, dry leaves and chill.
3. In small bowl combine oil, soy sauce, onions, sesame seeds, lemon juice, sugar and pepper. Let dressing stand for 1 hour or more.
4. Tear spinach in large pieces and place in large salad bowl. Top with bean sprouts and water chestnuts. Pour dressing over the salad and toss thoroughly.

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