

Jo's Spinach Salad and Dressing

Donated by Jo Bowen

Dressing:

1C. canola oil
1 white onion, finely chopped
1tsp worchestershire sauce
1/3 C. ketchup
1/2 C. white vinegar
3/4 C. sugar
1tsp salt
1tsp pepper

Combine all ingredients in a quart jar or container and shake well to blend. Allow to sit over night or at least several hours.

Make a salad of the following:

Fresh spinach
Red leaf lettuce
Hard boiled eggs, chopped
Cauliflowerettes
Broccoli flowerettes
Green onions, chopped or thin slices of red onion
Avocados, chopped
Crisp bacon pieces