



St. Louis Spinach Salad

Description



I'm not sure why this recipe is titled St. Louis Spinach Salad, but I'm guessing it originated in St. Louis. I've been to St. Louis many times and it's a great city. My friend JJ shared this recipe with me and it's one of her families favorites. I recently brought it to a potluck lunch for our high school band. I wasn't sure how it would go over with the kids, but I thought at least a few parents would try it. Plus, I wanted to share it on my blog and needed a picture of it. It's all about

the blog!

The addition of long grain wild rice and sunflower seeds gives this spinach salad a new spin. I'm happy to say that amongst all of the salads, my bowl was empty before everyone got through the line. There were many pasta and potato salads to choose from. This is a great salad for a potluck, BBQ or tailgate party. I don't know about your neck of the woods, but people in the Midwest fancy a tailgate party. 'Tis the season!

Linking to [Six Sister's Strut your Stuff Link Party](#), [The Sunday Showcase Party by Stephanie Lynn](#)

St. Louis Spinach Salad

Recipe Type: salad

Cuisine: American

Author: Dawn

An easy salad to bring to a potluck or BBQ.

Ingredients

- 1 pkg Uncle Ben's Long Grain Wild Rice
- 1 cup chopped celery
- 1/2 cup green onions
- 3/4 cup sunflower seeds
- 6 cups fresh spinach
- Dressing ingredients
- 1/3 cup vinegar
- 1/2 cup sugar
- 1 cup oil
- 1 tsp salt
- pepper to taste
- 1 tsp dry mustard
- 3/4 tsp dried onions
- 1 tbsps poppy seeds
- I used about 3/4 cup of olive oil instead of a full cup and I still had some dressing left over.

Instructions

1. Make rice without the butter and chill.
2. Mix celery, green onions, sunflower seeds, cold rice and spinach.
3. Toss with dressing

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Author

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