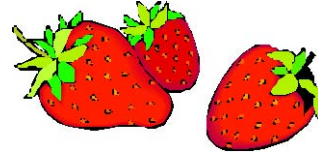


Fresh Herb Salad with Strawberries

- 6 cups young greens
- 1/4 cup fresh fennel greens, stemmed
- 1/4 cup parsley, chopped
- 1 tsp fresh oregano, stemmed
- 4 green onions, thinly sliced
- 2 cups fresh strawberries, stemmed and quartered



In a large bowl, mix greens and herbs. Add green onions and strawberries. Toss gently with White Balsamic Dressing (recipe follows) and serve.



White Balsamic Dressing

(makes about 2/3 cup dressing)

- 1/3 cup virgin olive oil
- 2-3 tbsp white balsamic vinegar
- 1/8 tsp freshly ground white or any pepper
- 1/8 tsp kosher or sea salt

In a jar, blend ingredients well. Drizzle over greens and serve. Refrigerate any leftovers.

Recipe makes about 9 cups.
Total phe per recipe = 315 mg
Phe per 1/2 cup serving = 17 mg

Recipe from the *Seattle Post-Intelligencer*, April 20, 2005.



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