

STRAWBERRY SPINACH SALAD

Ingredients

Strawberry Spinach Salad

- 1 lb strawberries, hulled and sliced in halves (quarters)
- 3 oz goat or feta cheese, crumbled
- 1/4 cup (to taste) red onion, thinly sliced
- 1 1/2 cups pecans
- 11 oz box baby spinach (prewashed)

Balsamic Dressing:

- 1/4 cup extra virgin olive oil
- 2 tbsp maple syrup
- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce (Bragg liquid aminos)



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Directions:

1. Preheat ceramic non-stick medium skillet on medium heat and add pecans. Toast for about 3 minutes or until fragrant, stirring frequently.
2. In a small bowl, combine Balsamic Dressing Ingredients and whisk with a fork.
3. In a large bowl, add spinach and top with strawberries, cheese, red onion and toasted pecans. Drizzle dressing on top and stir gently until well combined

Nutrition Facts:

Serving size 1 cup

Calories 364

Total Fat 24.4g

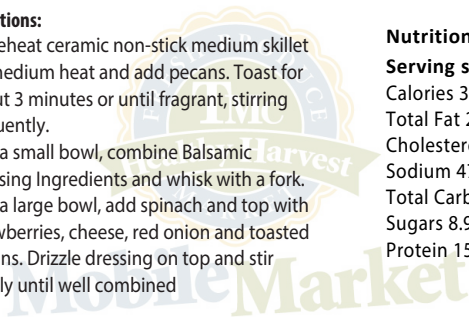
Cholesterol 4.9mg

Sodium 479.6mg

Total Carbohydrate 25.1g

Sugars 8.9g

Protein 15.1g



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