

Strawberry Spinach Salad

Serves: 4

Prep time: 15 minutes

Ingredients

- 6 cups fresh spinach, washed and dried
- 2 cups strawberries, sliced
- ½ cup crumbled feta or goat cheese
- ⅓ cup toasted pecans or walnuts
- ¼ small red onion, thinly sliced- pickled red onions are delicious in this salad

Balsamic Poppy Seed Dressing

- ¼ cup balsamic vinegar
- 3 Tbsp extra-virgin olive oil
- 1½ Tbsp honey
- 1 tsp Dijon mustard
- 1½ Tbsp poppy seeds
- ½ tsp kosher salt
- ⅛ tsp black

Instructions

1. In a large bowl, combine the spinach, strawberries, cheese, nuts, and red onion.
2. In a small jar or bowl, whisk together the balsamic vinegar, olive oil, mustard, honey, poppy seeds, salt, and pepper.
3. Drizzle the dressing over the salad just before serving.
4. Toss gently and serve immediately.

Optional Add-Ins and Tips

Grilled chicken for extra protein

Avocado slices

Blueberries

Toast the nuts for 3–5 minutes in a dry skillet to enhance flavor

Dress the salad right before serving.