

Strawberry Spinach Salad

Makes 6 servings | Vegetables • Fruit • Dairy

Ingredients

Salad

- 1 pound fresh spinach leaves baby spinach or regular
- 2 cups fresh strawberries
- ½ cup nuts or seeds
- ½ cup feta cheese

Dressing

- 1 teaspoon olive oil
- 1 teaspoon honey
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon water or fruit juice
- 1 teaspoon mustard

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If spinach leaves are large, tear or cut into bite-sized pieces.
3. Wash strawberries. Remove the top and slice into quarters.
4. Mix salad ingredients in a large bowl.
5. Combine dressing ingredients in a small bowl.
6. Toss salad and dressing. Serve right away or chill in the refrigerator for 30 minutes to allow flavors to blend.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.