

Harvest of the Month Strawberries



Photo: Katie Schmidt

STRAWBERRY SPINACH SALAD

This rainbow-bright salad is bursting with good nutrition and fresh flavor. Add a protein such as grilled chicken or salmon for a perfect meal.

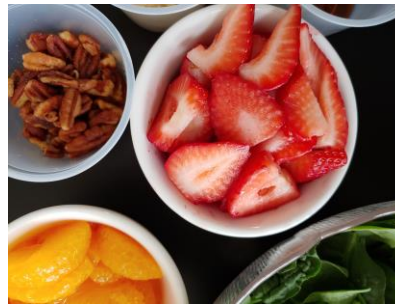
Ingredients (6 Servings)

- 8 oz. spinach or mixed greens
- 1 cup sliced strawberries
- 1/2 c. fresh blueberries
- 1/2 c. mandarin oranges
- 1/4 c. pecans
- 1/4 c. sliced almonds
- 3 oz. crumbled feta, goat or gorgonzola cheese
- 2 Tbsp. green onions, chopped

Honey Cider Dressing:

Combine:

- 1/2 c. orange juice
 - 3 Tbsp. olive oil
 - 2 Tbsp. apple cider (or white) vinegar
 - 1/2 Tbsp. honey
 - 1/4 tsp. salt
 - 1/8 tsp. pepper
- Whisk together



8 Servings. Per Serving:

Nutrition Facts	
servings per container	
Serving size	(114g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 108mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prepare dressing, pour over salad, and toss to combine

Variations: Substitute various fruit choices and add grilled chicken breast or salmon for a complete meal.

Makes 8 servings (one cup ea.) Nutrition Info. per serving approx. 150 Calories, 11g Fat, 10g Carbohydrate, 2 g Fiber, 4g Protein.

