STRAWBERRY SPINACH SALAD

Ingredients

Strawberry Spinach Salad
- 1 lb strawberries, hulled and sliced in halves (quarters)
- 3 oz goat or feta cheese, crumbled
- ¼ cup (to taste) red onion, thinly sliced
- 1 ½ cups pecans
- 11 oz box baby spinach (prewashed)

Balsamic Dressing:
- ¼ 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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