



## Strawberry Spinach Salad with Chicken

*This refreshing salad combines leafy greens and fresh strawberries to provide a powerful mix of fiber, vitamin C, and antioxidants. Adding chicken makes it a complete, satisfying meal that helps support muscle health and keeps you feeling full longer.*

Yield: 4 servings

### Ingredients

#### For the Strawberry Vinaigrette:

- 4–5 medium strawberries, halved
- ¼ cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 1 teaspoon honey
- salt and pepper to taste

#### For the Salad:

- 6 cups baby spinach or salad greens of choice
- 6 medium strawberries, sliced
- ½ cup thinly sliced red onion
- 4 green onions, sliced thin
- ⅓ cup sliced almonds, toasted
- 12 ounces cooked chicken (optional)
- 1 medium avocado, sliced

### Directions

1. In a blender, combine the vinaigrette ingredients. Blend until smooth. Taste and add additional honey if you prefer more sweetness. Set aside.
2. In a large salad bowl, combine the salad ingredients. This can also be done in one large salad bowl or by dividing the salad ingredients among 4 individual bowls/plates.
3. Gently toss the salad with the vinaigrette just before serving. You may not need to add all of the vinaigrette – add as much or as little as you'd like, or serve it on the side.

### Recipe Notes:

- Recipe can be made nut-free by omitting almonds and vegan/vegetarian by omitting chicken and honey (use maple syrup instead).
- Additionally, salad can be topped with feta or soft goat cheese for an optional tang and added calcium.

### Nutrition info per serving:

Calories: 425, Saturated Fat: 4.2g, Sodium: 82mg, Added sugars: 1.5g, Fiber: 7.5g, Protein: 24.6g

Source: <https://therealfooddietitians.com/strawberry-spinach-salad-with-chicken/>