



Summer Strawberry Spinach Salad

This strawberry spinach salad is a vibrant, flavor-packed dish that's as nutritious as it is delicious. With sweet strawberries, crunchy pistachios, and a tangy balsamic vinaigrette, it's a wholesome, feel-good recipe you'll want to make again and again.

Serves: 4

Serving Size: 1 cup

Ingredients

- 1 package (10 oz) spinach mix
- 2 cups strawberries, sliced
- ½ small red onion, thinly sliced
- ¾ cup feta cheese, crumbled
- ¾ cup dry roasted pistachio nuts
- ¼ cup balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1 teaspoon ground black pepper
- Salt to taste

Directions

1. In a large bowl, combine the spinach, strawberries, red onion, feta, and pistachios.
2. Prepare the dressing by whisking together the balsamic vinegar, olive oil, honey, and black pepper. Add salt to taste.
3. Add dressing to salad and mix well.
4. Serve immediately and enjoy!

Chef's Note: Soak sliced red onions in ice water for a few minutes to mellow their flavor and make them less pungent!

Nutrition Info per serving:

Calories: 420 , Saturated Fat: 7.6 g, Sodium: 320 mg, Added Sugars: 8.5 g, Fiber: 6 g.

Recipe adapted from: <https://www.wellplated.com/spinach-strawberry-salad/>