

# Spinach Strawberry Salad



## Ingredients:

- 4 cups Baby Spinach, Washed
- 1 cup Strawberries, Washed & Sliced
- 1/4 cup Walnuts or Almonds, Chopped
- 2 tbsp. Fresh Mint, Chopped
- 1/4 cup Red Onion, Sliced
- 2 tbsp. Extra Virgin Olive Oil
- 3 tbsp. Balsamic Vinegar



## Method:

1. In a large salad bowl, layer the following ingredients: spinach, strawberries, and chopped walnuts or almonds.
2. In a small jar, shake together the balsamic vinegar, red onion, mint and olive oil.
3. Pour vinaigrette over salad and toss lightly. Season with Salt & Pepper to taste.

## Storage:

Store in airtight container. Refrigerate for up to 1-2 days.

Nutrition Facts	
Serving Size 1 Cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 91	Calories from Fat 72
<b>% Daily Values*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 17mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 2g	<b>4%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	



### How To Use:

- Toss Freshly as Side Dish
- Saute with Garlic & Olive Oil



### Health Benefits:

Eye, and Cell Health; Arterial, Lung & Liver Function; Lowers the risk of some Cancers; Promotes Strong Bones and Teeth