

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Spinach Berry Salad

Makes: 4 servings • **Prepare Time:** 10 minutes • **Cook Time:** 2 minutes

Ingredients

- 1/3 cup almonds, slivered
- 4 cups baby spinach
- 3/4 cup strawberries, quartered
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 3 tablespoon extra virgin olive oil
- 1 ounce Blue Cheese (soft goat cheese or feta can also be used)
- Salt and pepper to taste



Preparation

- Place the almonds in a dry skillet or saute pan. Cook over low heat, shaking the pan the entire time until the almonds are toasting. The almonds are done when you start to smell a "nutty" scent.
- Remove almonds from the pan to cool. (Do not cool in the skillet because they will burn from the heat that remains in the pan.)
- Prepare the dressing by placing the vinegar, mustard, and honey in a mixing bowl. Slowly whisk in the oil.
- Place the spinach in a large bowl. Add the strawberries, almonds, and dressing. Toss to coat. Top with cheese. If desired, season with a pinch of salt and pepper.

Nutrition

Per serving (1 ¼ cup serving size): 181 calories; 16 g fat; 2.2g sat. fat; 3 mg cholesterol; 6 g carbohydrates; 4 g protein; 2 g fiber; 75 mg sodium; Sugars 3.1g; 238 mg potassium

Tips:

When you include caloric, high-flavor ingredients such as nuts or cheese in a salad, spread the flavor around by finely chopping, crumbling, or slicing those ingredients. A little will truly go a long way.

Top this or any salad with 3oz of your favorite lean protein (like chicken breast) to give it some staying power.

