

Strawberry Salad

Yield: 6 servings

Serving size: 2 cups

Ingredients:

- 8 cups fresh baby spinach
- 2 cups fresh strawberries, sliced
- ¼ cup toasted, chopped nuts, such as pecans, walnuts, or almonds
- ½ cup reduced-fat crumbled feta
- ¼ - ½ cup balsamic vinaigrette (look for an option with less than 5g of fat and 400mg of sodium per 2 tablespoon serving)

Directions:

1. Place baby spinach in the bottom of a large bowl.
2. Top with strawberries, nuts, and feta.
3. Pour dressing over salad, toss to coat, and serve immediately.

Nutrition Information per Serving:

Calories 105, Fat 4g, Protein 3g, Carbohydrate 19g, Fiber 2g, Sodium 374mg

