

SPRINGTIME STRAWBERRY SPINACH SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 15 (Serving= 1 cup)

Nutrition (per serving)

Calories: 169

Total Carbohydrate: 8 g

Total Fat: 14 g

Dietary Fiber: 2 g

Saturated Fat: 2.5 g

Protein: 3 g

Sodium: 131 mg



Ingredients

- 2 cloves garlic, finely chopped
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- ¼ cup apple cider vinegar
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons brown sugar
- ½ cup canola oil
- 10 ½ cups (1 ½ - 6 ounce bags) raw spinach
- 1 pound fresh strawberries, sliced
- ½ cup red onion, chopped
- 1 cup crumbled feta cheese
- 1 cup chopped pecans



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Directions

1. In a small bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, apple cider vinegar, balsamic vinegar, brown sugar, and canola oil.
2. In a large bowl, toss together the spinach, strawberries, red onion, feta cheese, and pecans. Cover with the dressing mixture and toss immediately before serving.