Strawberry Spinach Salad

Fresh baby spinach leaves and sliced strawberries tossed with red onion and feta cheese in a light vinaigrette dressing
Yield:

8 servings
Ingredients:

Salad Ingredients:

8-9 ounces fresh baby spinach leaves, washed and dried
1/2 cup quartered and thinly sliced red onion
1 pound fresh strawberries, washed, hulled, and sliced (about 3 cups of sliced strawberries)
1 cup (about 4 ounces) crumbled feta cheese
1 cup Maple Glazed Walnuts, optional (but delicious!)

Dressing Ingredients:

Juice and zest of 1 lemon (about 1/2 to 1 teaspoon of zest and about 1/4 cup juice)
1 tablespoon red wine vinegar
2 tablespoons pure maple syrup
1 teaspoon salt
dash black pepper
1/3 cup olive oil
Instructions:

1. Place spinach and red onion in large mixing bowl.

2. Make dressing by combining dressing ingredients in a jar or blender and blending or shaking until well-mixed. Pour about 3/4 of the
dressing over spinach and toss gently to coat.

3. Add strawberries and feta cheese (and walnuts if using) and stir gently, adding more dressing if needed to coat.

Serve chilled or at room temperature. Salad is best eaten within a few hours of mixing.



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This recipe is from Tammy’s Recipes.