STRAWBERRY SPINACH SALAD

Ingredients

Strawberry Spinach Salad
• 1 lb strawberries, hulled and sliced in halves (quarters)
• 3 oz goat or feta cheese, crumbled
• 1/4 cup (to taste) red onion, thinly sliced
• 1 1/2 cups pecans
• 11 oz box baby spinach (prewashed)

Balsamic Dressing:
• 1/4 cup extra virgin olive oil
• 2 tbsp maple syrup
• 2 tbsp balsamic vinegar
• 1 tbsp soy sauce (Bragg liquid aminos)
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**Directions:**
1. Preheat ceramic non-stick medium skillet on medium heat and add pecans. Toast for about 3 minutes or until fragrant, stirring frequently.
2. In a small bowl, combine Balsamic Dressing Ingredients and whisk with a fork.
3. In a large bowl, add spinach and top with strawberries, cheese, red onion and toasted pecans. Drizzle dressing on top and stir gently until well combined.

**Nutrition Facts:**
- Serving size 1 cup
- Calories 364
- Total Fat 24.4g
- Cholesterol 4.9mg
- Sodium 479.6mg
- Total Carbohydrate 25.1g
- Sugars 8.9g
- Protein 15.1g