

ZESTY STRAWBERRY & SPINACH SALAD

Gluten Free, Low Carb / Diabetes Friendly, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 150

Total Fat: 11 g

Saturated Fat: 3.5 g

Total Carbohydrate: 7 g

Dietary Fiber: 2 g

Protein: 7 g

Ingredients

1 bag (5-7 oz) baby spinach

1 bag (5-7 oz) mixed greens

2 ½ cups fresh strawberries, washed/quartered

1 container (4 oz) fresh blueberries, washed

½ cup chopped red onion

½ cup toasted pine nuts*

1 cup feta cheese

½ - ¾ cup low-fat poppy seed dressing, or raspberry vinaigrette

Directions

1. In a large salad bowl, combine baby spinach, mixed greens, strawberries, blueberries, and red onion.
2. Drizzle with dressing, add pine nuts, and toss
3. Sprinkle with feta cheese as desired.

*To toast pine nuts – place skillet over medium heat and add pine nuts once skillet is warm. Cook for 3-5 minutes constantly stirring until pine nuts are lightly browned.