

STRAWBERRY AND SPINACH SALAD WITH AVOCADO

Preparation: 20 minutes | Cooking: 2 minutes | Servings: 4

INGREDIENTS

For salad:

1 package (about 5 ounces) spinach
8 ounces (about 2 cups) strawberries, halved
1 avocado, sliced
½ red onion, sliced
½ cup feta crumbles
½ cup sliced raw almonds
½ cup roasted pistachios, chopped

For dressing:

1 garlic clove, grated or finely minced
¼ cup extra-virgin olive oil
3 tablespoons balsamic vinegar
½ tablespoon strawberry jam (or jam of choice)
½ teaspoon Dijon mustard
Salt and pepper to taste



INSTRUCTIONS

In a small bowl, add all dressing ingredients together. Mix until all ingredients are combined. Add spinach to large bowl. Layer strawberries, avocado slices, red onion, feta, almonds and chopped pistachios. Add dressing to taste. For additional protein, add grilled chicken, salmon or quinoa to your salad!