



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Strawberry Spinach Salad

Servings

5 servings

Ingredients

- 1-pound bag of fresh spinach
- 1 cup strawberries (sliced)
- ¼ cup almonds
- 2oz feta cheese
- balsamic vinaigrette to taste

Directions

1. Place spinach in a bowl
2. Top spinach with strawberries, almonds, and feta cheese
3. Slowly mix ingredients until evenly dispersed
4. Drizzle vinaigrette on top to taste

Nutrient content per serving

- Calories- 70cals
- Carbs- 5g
- Protein- 4g
- Fat- 4g
- Sodium- 17mg
- Fiber- 1.6g



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