



# RECIPE CARD

## Spinach Strawberry Salad

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PREP TIME: 15 MIN    COOKING TIME: 10 MIN    TOTAL: 20 MINS

*Strawberry Spinach Salad includes lots of wonderful flavors and textures that compliment each other perfectly! You can certainly use a store bought balsamic vinaigrette or Poppy Seed Dressing.*

#### Ingredients

##### Strawberry Salad:

3/4 cup raw pecans  
1/2 small red onion  
10 ounces baby spinach  
1 quart strawberries  
3/4 cup crumbled feta cheese

##### Poppy seed Dressing

1/4 cup balsamic vinegar  
3 tablespoons olive oil  
1.5 tablespoons poppy seeds  
1.5 tablespoons honey  
1/2 teaspoon Dijon Mustard  
1/2 teaspoon kosher salt  
1/8 teaspoon black pepper

#### Directions

1. **Toast the pecans (optional):** Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when the pecans love to burn.) Transfer to a cutting board and roughly chop.
2. Place the thinly sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).
3. **Prepare the dressing:** In small mixing bowl or large liquid measuring cup, whisk together all the dressing ingredients - vinegar, oil, poppy seeds, honey, mustard, salt, and pepper - until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight - fitting lid).
4. **Assemble the salad:** Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

