

Spinach-Strawberry Salad

Ingredients (makes 4 servings, serving size 1-1/2 cup:)

- 10 ounces Fresh spinach
- 1 pint Fresh strawberries
- 1/4 cup Walnuts or almonds (if desired)
- 1 Tablespoon per serving Reduced fat raspberry vinaigrette salad dressing



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Directions

1. Wash and dry spinach leaves, tear into bite sized pieces. Place in a medium sized bowl.
2. Wash and slice strawberries. Place on top of spinach
3. Sprinkle with nuts (if desired) and salad dressing.

Nutrition Information- Per serving (1 Tablespoon dressing per serving was used for nutrient analysis)

Calories	136	Total Sugars	6g	Sodium	300mg
Protein	3.75g	Total Fat	9.5g	Cholesterol	0mg
Carbohydrate	12g	Saturated Fat	1.2g	Fiber	3.75g