



**NutritionRx**  
Jennifer Broxterman

# Strawberry Spinach Salad

*Quick and easy, this light and refreshing summer salad is bursting with sweet and tart flavours! This salad is packed with fibre, vitamins C and A, and healthy fats. Toasted walnuts add a nice crunch and extra flavour, perfectly contrasting the sweet and juicy strawberries.*

Prep: 10 minutes • Total: 20 minutes

## Ingredients:

White Wine Vinegar	2 ½ Tbsp	35 mL
Salt	¼ tsp	1 mL
Sugar	½ tsp	2 mL
Black Pepper	½ tsp	2 mL
Extra Virgin Olive Oil	3 ½ Tbsp	50 mL
Baby Spinach	8 cups	2 L
Strawberries (sliced)	2 cups	500 mL
Walnuts (toasted)	1 cup	250 mL
Mint leaves (optional)		

## Directions:

1. Whisk together vinegar, salt, sugar, and pepper.
2. Slowly add olive oil, whisking continuously.
3. Combine spinach, strawberries, and walnuts in a large bowl.
4. Pour vinaigrette to lightly coat spinach leaves.
5. Optional: garnish with mint leaves.
6. Serve immediately.

## Nutrition Facts

Serving Size (120g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 220</b>	<b>Calories from Fat 170</b>		
		% Daily Value*	
<b>Total Fat 19g</b>			<b>29%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 150mg</b>			<b>6%</b>
<b>Total Carbohydrate 10g</b>			<b>3%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 3g			
<b>Protein 4g</b>			
<b>Vitamin A 25%</b>		<b>Vitamin C 60%</b>	
<b>Calcium 4%</b>		<b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Adapted from: Gourmet

Makes 6 servings (120g / serving) • 1 serving = 1/6 of recipe

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