

Spinach Salad with Strawberry Vinaigrette

INGREDIENTS*

- 1 cup frozen **strawberries**
- 2 Tablespoons honey OR maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 cups fresh **baby spinach**, rinsed and drained
- 1 cup **dried fruit and nut mix**
- ½ -¾ cup feta crumbles OR goat cheese pieces OR **American cheese**, cubed small

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. Blend strawberries, honey (or maple syrup), apple cider vinegar, vegetable oil, salt, and black pepper together in a blender until smooth.
3. After washing your hands again, divide the spinach between four plates. Sprinkle dried fruit and nut mix and cheese pieces on top of the spinach on each plate.
4. Top with vinaigrette.

NOTES AND IDEAS:

- This vinaigrette may also be made with **frozen blueberries**.
- The extra dressing will keep for one week in the refrigerator.
- $\frac{1}{4}$ teaspoon, or more, of poppy seeds may be added to the dressing.
- This salad may be made with any type of lettuce or salad greens.
- Make this salad a complete meal by adding grilled chicken and a serving of cooked whole grains (like **wild rice**, quinoa, brown rice) or a whole wheat dinner roll.

