



May 7- Summer Strawberry Salad

Smart Snack

Link: No link, created by CNP student

Recipe

Ingredients:

- 12 cups baby spinach
- 2 cups fresh strawberries, sliced
- ½ cup sliced almonds
- 4-ounce feta cheese

For dressing:

- 1 teaspoon olive oil
- 1 teaspoon honey
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon water or fruit juice
- 1 teaspoon mustard

Directions:

1. Wash hands with warm, soapy water.
2. Mix salad ingredients in a large bowl.
3. Mix dressing ingredients in a separate bowl; toss with salad.

Yield 14 servings

Nutrition Facts	
Serving Size 1 cup (82.84g)	
Servings Per Container 14	
Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	6%
Vitamin A 60%	• Vitamin C 45%
Calcium 10%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	