

Strawberry Spinach Salad

Servings: 4

Prep Time: 15min

Cook Time: 0



Ingredients

Strawberry Poppy Seed Dressing

- 2 cups fresh strawberries , halved , if desired
- 2-3 tablespoons chopped onion
- 1 small garlic clove
- 1 teaspoon Dijon Mustard
- 1/4 cup canola oil
- 3-4 Tablespoons white vinegar
- 1/4 -1/ 3 cup sugar
- 1 teaspoon salt , adjust to taste

- freshly ground pepper
- 2 tablespoons poppy seed

For Strawberry Spinach Salad

- 283g fresh baby spinach
- 2 cups strawberries , quartered
- 1 avocado , sliced
- 1/2 red onion , sliced thin
- 1/2 cup sliced almonds

Directions

1. In a blender blend all ingredients: strawberries, onion, garlic, mustard , oil , vinegar, sugar ,salt and pepper. Add poppy seeds after blending
2. In a large bowl, combine the spinach, strawberries, sliced avocado, and onion. Pour dressing over salad, and toss
3. Serve topped with almonds