

Strawberry Spinach Salad

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-roasted-italian-strawberry-spinach-salad-recipe>

Ingredients:

- 1/2 dressing
- 2 pounds baby spinach
- 1 pound baby spinach leaves washed and spun dry if needed
- 1/2 cup sliced green onions or less, I love green onion
- 1/3 cup slivered almonds slightly toasted in a dry pan, or use regular chopped almonds if that's all you have
- 1 cup strawberries sliced, or more
- 3 tablespoons fresh dill chopped, or more
- 1/4 cup red wine vinegar
- 1/4 cup sugar or Splenda, use Splenda for the South Beach Diet
- 1 teaspoon garlic finely minced fresh
- 1/4 teaspoon salt I used fine sea salt
- 1/4 teaspoon black pepper I used fresh ground pepper
- 1/4 teaspoon mustard powder
- 1/4 teaspoon onion powder
- 1/2 cup extra virgin olive oil

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 23 grams
3. Fat: 36 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. SaturatedFat: 5 grams
7. Sodium: 270 milligrams
8. Sugar: 13 grams

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