



# HEALTHY COOKING

## Spinach Strawberry Salad

### Ingredients

#### For the Salad

- 3/4 c raw pecans
- 1/2 small red onion, very thinly sliced
- 10 oz fresh spinach
- 1 qt. strawberries, hulled and quartered
- 3/4 c crumbled feta cheese

#### For Dressing

- 1/4 cup balsamic vinegar
- 3 tbsp extra-virgin olive oil
- 1 1/2 tbsp poppy seeds
- 1 1/2 tbsp honey
- 1/2 tsp Dijon mustard
- 1/2 tsp kosher salt
- 1/8 tsp black pepper

### Directions

1. Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant. Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let sit while prepare the rest of the salad.
3. In small mixing bowl or large liquid measuring cup, whisk together all the dressing ingredients until well combined.
4. Place the spinach in a large serving bowl. Add the strawberries. Drain the red onion and add to bowl. Drizzle about half of the dressing over the salad and toss to coat. Add more if desired. Add feta cheese.



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