

# Strawberry Spinach Salad

4 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 4 cups baby spinach or mixed greens
- 1 cup strawberries, sliced
- ¼ cup walnuts, chopped
- ¼ cup queso fresco, crumbled
- 1 Tablespoon extra virgin olive oil
- 1 ½ teaspoons balsamic vinegar

## DIRECTIONS

1. Place the greens into a large salad bowl. Add the strawberries, walnuts, and queso fresco.
2. In a sealable jar, combine the olive oil and balsamic vinegar. Seal and shake vigorously to combine.
3. Pour the vinaigrette over salad and toss lightly.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 110mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 102mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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