

Spinach Salad with Strawberries

and raspberry-flax vinaigrette

Easy to throw together, this nutrient-dense salad is loaded with antioxidants. It's not just the spinach and berries: one medium red, yellow, or orange bell pepper contains more than twice as much vitamin C as an orange. If you like, swap the strawberries for other in-season berries, such as blackberries or blueberries.



Ingredients:

For the Salad:

1–8 oz pkg	Washed baby spinach	225 g
1 small	Red, yellow or orange pepper, seeded and thinly sliced	1 small
1 cup	Strawberries, hulled and sliced	250 mL
¼ cup	Purple onion, thinly sliced	60 mL
¼ cup	Crumbled feta or goat cheese (optional)	60 mL
¼ cup	Toasted walnuts, chopped (optional)	60 mL

For the Vinaigrette:

2 Tbsp	Olive oil	30 mL
2 Tbsp	Flax oil	30 mL
2 Tbsp	Raspberry or red wine vinegar	30 mL
2 tsp	Grainy mustard	10 mL
1 tsp	Honey	5 mL

Directions:

1. Place the baby spinach in a wide bowl, and top with bell pepper strips, strawberries, purple onion, and feta and walnuts, if using.
2. In a small bowl or jar, whisk or shake together the olive oil, flax oil, vinegar, mustard and honey; drizzle over the salad and toss until lightly coated, or serve alongside the salad at the table for guests to dress on their own.

Makes 6 servings (375 mL/ 1 ½ cups/ 97 g)

Source: developed by Julie van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/ AHS.

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Nutrition Facts	
Per 1/6 of recipe (375 mL / 1 ½ cup / 97 g)	
Amount	% Daily Value
Calories 110	
Fat 9 g	14 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 55 mg	2 %
Carbohydrate 6 g	2 %
Fibre 2 g	8 %
Sugars 3 g	
Protein 2 g	
Vitamin A	120 %
Vitamin C	80 %
Calcium	4 %
Iron	10 %

* Nutrient analysis does not include optional cheese or nuts

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	1 g
Low in sodium	55 mg
Source of potassium	286 mg
Source of magnesium	35 mg
Very high in folate	80 mcg
Source of iron	1.3 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ¾
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.

The optional nuts and cheese would add 4 grams of fat and 2 grams of protein per serving.