

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

\* Nutrient analysis does not include optional cheese or nuts

<b>Nutrient Claim</b>	<b>Amount per serving</b>
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

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
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.