

Spinach Salad with Strawberries and Goat Cheese

Serves 4

Ingredients

Salad:

- 6-8 ounces Baby spinach or any spring lettuce
- 1 cup sliced Strawberries
- 2 Tablespoons toasted and chopped Pecans or walnuts
- 1 ounce Goat cheese

Dressing:

- 2 Tablespoons Extra Virgin Olive oil
- ¼ cup Red wine vinegar
- 2 Tablespoons Maple syrup
- Salt and pepper to taste



Directions

1. Wash and dry the baby spinach.
2. In a small bowl, whisk together all dressing ingredients. Toss dressing with the spinach until all leaves are covered, then gently mix in the strawberries.
3. Divide equally into 4 bowls and top with toasted nuts and crumbled goat cheese.

Nutrition Information per Serving: Calories: 180, Total Fat: 12gm, Saturated Fat: 2.5gm, Trans Fat: 0gm, Cholesterol: 5 mg, Carbs: 16gm, Fiber: 3gm, Protein: 4gm, Sodium: 120mg