

STRAWBERRY SPINACH SALAD

INGREDIENTS

1 bag spinach
1 quart strawberries, sliced
3/4 cup toasted Pecans / almond
3/4 cup feta cheese
1/2 red onion

For the Poppy seed Dressing:

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

PROCEDURE

Toast the pecans - Preheat the oven to 350 degrees.
Spread the pecans in a single layer on an ungreased baking sheet.
Bake for 5 to 10 minutes until fragrant.

Place the spinach in a great big serving bowl.

Add the strawberries and the red onion.

Drizzle about half of the dressing over the salad and toss to coat the leaves. You want the spinach leaves to be nicely moistened but not swimming in dressing.

Add the feta and pecans. Toss lightly to combine.

Serve immediately, with extra dressing on the side as desired.