



Strawberry Salad

A 10 minute salad with strawberries, nuts, and goat cheese for a sweet, salty crunch, yummy. A great special occasion salad made in just minutes! - Kelly May

Prep Time: 10 min.

Cook Time: 0 min

Ready In: 10 minutes

Serving Size: 4 servings

Salad Ingredients

- ✓ 1 pint of fresh strawberries, washed, top removed (hulled) and sliced
- ✓ 1 ounce soft goat cheese
- ✓ 3 cups spinach & spring mix leaves
- ✓ 1 ounce planters honey roasted mixed nuts

Dressing Ingredients

- ✓ 2 tbsp. balsamic vinegar
- ✓ 4 tbsp. olive oil
- ✓ ½ tsp brown mustard
- ✓ Salt & pepper to taste

Directions

1. In a small bowl add vinegar, olive oil, brown mustard and salt and pepper to taste, then mix.
2. In a large bowl add lettuce, goat cheese, nuts and strawberries, then mix.
3. Serve salad in place and pour desired amount of dressing on top.

Nutrition

Amount per serving

- ❖ Calories: 182
- ❖ Total Fat: 12 g
- ❖ Total Carbs: 14 g
- ❖ Protein: 5 g
- ❖ Cholesterol: 3 mg
- ❖ Sodium: 127 mg
- ❖ Potassium: 235 mg