

Spinach Berry Salad with Easy Herb Vinaigrette

Serves: 1

Ingredients:

6 oz fresh baby spinach
1.5 cups quartered strawberries
½ c blueberries
¼ c easy herb vinaigrette (recipe below)
1 Tbsp fresh mint leaves, chopped
2 Tbsp slivered almonds, toasted
Dash of black pepper

Easy Herb Vinaigrette:

9 tablespoons white wine vinegar
1 1/2 tablespoons wildflower honey
1/2 teaspoon fine sea salt
1 cup canola oil
3 tablespoons chopped fresh basil
3 tablespoons minced fresh chives

Combine the first 3 ingredients in a medium bowl; slowly whisk in oil until combined. Stir in basil and chives. Store, covered, in refrigerator for up to 5 days

Instructions:

1. Combine ingredients in a bowl.
2. Toss gently to coat.
3. If enjoying as a meal, be sure to add an additional protein source to help you stay satisfied longer- pairs great with grilled chicken or roasted shrimp.

Approximate nutrition information (salad and ¼ c dressing): Calories 178, Protein 3 g, Fat 10 g, Carb 21 g, Fiber ~12 g