

Strawberry Spinach Salad

4 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 4 cups baby spinach or mixed greens
- 1 cup strawberries, sliced
- ¼ cup walnuts, chopped
- ¼ cup queso fresco, crumbled
- 1 Tablespoon extra virgin olive oil
- 1 ½ teaspoons balsamic vinegar

DIRECTIONS

1. Place the greens into a large salad bowl. Add the strawberries, walnuts, and queso fresco.
2. In a sealable jar, combine the olive oil and balsamic vinegar. Seal and shake vigorously to combine.
3. Pour the vinaigrette over salad and toss lightly.

Nutrition Facts

4 servings per container
Serving size 1 cup

Amount per serving
Calories 130

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 2mg	10%
Potassium 102mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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