



Strawberry Spinach Salad – School Edition

4 Servings • 1 Serving = 1 ½ Cup

INGREDIENTS

- 4 cups baby spinach or mixed greens
- 1 cup strawberries, sliced
- ¼ cup pumpkin seeds, 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, pumpkin seeds, 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 1/2 cups

Amount per serving
Calories 130

% Daily Value*

Total Fat 6g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 100mg 4%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 3mg 15%

Potassium 131mg 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.

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