



Strawberry Spinach Salad

4 Servings • 1 Serving = 1 Cup

Tips on Strawberries



How To Store

Store strawberries with a paper towel in container or plastic wrap in refrigerator.



How To Use

Add to fruit salads, smoothies, desserts or oatmeal.



Health Benefits

Promotes heart & vision health. Prevents elevated cholesterol levels.

INGREDIENTS

- 4 cups baby spinach or mixed greens
- 1 cup strawberries, sliced
- ¼ cup queso fresco, crumbled
- ¼ cup sunflower kernels
- 1 orange, juiced
- 2 Tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

- Place the greens into a large salad bowl. Add the strawberries, sunflower kernels, and queso fresco.
- In a sealable jar, combine the orange juice and olive oil. Seal and shake vigorously to combine.
- Pour the vinaigrette over salad and toss lightly.

Nutrition Facts	
4 servings per container	
Serving size	1 Cup (227g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 21g	
Includes 2g Added Sugars	4%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 225mg	15%
Iron 4mg	20%
Potassium 733mg	15%
*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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