Strawberry Spinach Salad

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermyer

Try this easy summer salad to add extra color to your plate!

About the Recipe

168 Calories · 4 g Protein · 5 g Fiber
Lunch
Gluten-free

Ingredients

Makes 4 Servings

- 6 c (180 mL) baby spinach
- 1 apple, cored and diced
- 4 tbsp (40 g) red onion, diced
- 1/2 c (87 g) pomegranate seeds
- 1 1/2 c (225 g) strawberries, sliced
- 4 tbsp (368 g) sliced almonds
- 1/4 c (60 mL) low-fat nondairy plain yogurt
- 2 tbsp (30 mL) apple cider vinegar
- 1/4 c (80 mL) all-fruit raspberry jam
- 2 tsp (10 mL) Dijon mustard
- 1/8 tsp (0.6 mL) iodized salt

Directions

1. Place baby spinach, apple, red onion, pomegranate seeds, strawberries, and almonds in a large salad bowl.
2. In a small bowl, whisk together yogurt, apple cider vinegar, raspberry jam, Dijon mustard, and salt.

3. Just before serving, pour dressing over the salad and toss.
4. Note: You can use walnuts or pecans in place of almonds.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 161 kcal
Fat: 4 g
    Saturated Fat: <0.5 g
    Calories From Fat: 21%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 25 g
Sugar: 21 g
Fiber: 6 g
Sodium: 180 mg
Calcium: 104 mg
Iron: 2.1 mg
Vitamin C: 50 mg
Beta-Carotene: 2563 mcg
Vitamin E: 2.9 mg