

# VitaMin

Vital health information in a minute



## SPINACH STRAWBERRY SALAD

Photo: Randy Mayor

### Ingredients

#### Easy Herb Vinaigrette:

Yield: About 1 2/3 cups  
(serving size: 2 tablespoons)

- 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

### Preparation

1. 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.

#### Salad:

Yield: 4 servings (serving size: 2 cups)

- 1 1/2 cups quartered strawberries
- 1/4 cup Easy Herb Vinaigrette
- 1 tablespoon finely chopped fresh mint
- 1 (6-ounce) package fresh baby spinach
- 2 tablespoons sliced almonds, toasted
- 1/4 teaspoon freshly ground black pepper

### Preparation

1. Combine first 4 ingredients in a large bowl; toss gently to coat. Sprinkle with almonds and pepper; serve immediately.

### Nutritional Information

Amount per serving

- Calories: 136
- Fat: 10.3 g
- Saturated fat: 0.7 g
- Monounsaturated fat: 6 g
- Polyunsaturated fat: 3 g
- Protein: 2.1 g
- Carbohydrate: 11 g
- Fiber: 3.6 g
- Cholesterol: 0.0 mg
- Iron: 1.7 mg
- Sodium: 113 mg
- Calcium: 50 mg

Source: Printed with permission of *Cooking Light*, April 2010

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