

SPINACH SALAD WITH ROASTED PECANS WITH STRAWBERRY BALSAMIC VINAIGRETTE

By Dr. Cindy Tanzar

Enjoy a vibrant Spinach Salad with Roasted Pecans, perfectly complemented by a luscious Strawberry Balsamic Vinaigrette. This refreshing dish features a base of fresh spinach or mixed greens topped with sweet, juicy strawberries and a hint of sharpness from thinly sliced red onion. Crunchy walnuts or pecans (lightly roasted for extra flavor) add texture, while crumbled feta cheese (with a vegan option available) provides a creamy, tangy touch. The homemade vinaigrette blends sweet strawberries with tangy balsamic vinegar, rich olive oil, zesty Dijon mustard, and minced garlic, seasoned with pink Himalayan salt and freshly ground pepper, with optional stevia drops for a touch of sweetness. Perfect as a light lunch or a vibrant side dish, this salad bursts with flavor and color, making it a delightful addition to any meal!

Makes 2 servings.



INGREDIENTS

Spinach Salad:

- 4 cups spinach (or mixed greens)
- 1 cup strawberries, sliced
- 1/4 cup red onion, thinly sliced
- 2 cups walnuts or pecans, rough chopped (can lightly roast at 375°F for 5-7 minutes)
- 1/3 cup Feta Cheese



Vinaigrette:

- 1 cup strawberries (approx. 10-12)
- 1/4 cup balsamic vinegar
- 1/4 cup extra-virgin olive oil
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- 1/4 tsp. pink Himalayan salt
- 1/4 tsp. freshly-ground pepper
- Stevia drops to taste (optional)

DIRECTIONS

1. Preheat oven to 425°F. Line a small baking sheet with parchment paper or foil with edges folded to catch strawberry juices.
2. Remove leaves and stems from strawberries and place on baking sheet. Roast 15-20 minutes or until caramelized. Cool 10 minutes.
3. Using a blender/bullet/immersion blender, add roasted strawberries and juice, and all other vinaigrette ingredients. Blend until smooth. For a thinner dressing, add additional olive oil.
4. Assemble Spinach Salad ingredients and serve vinaigrette on the side.