

Strawberry Fields Salad with Raspberry Vinaigrette

Serving Size: 1 cup salad with 2 tablespoons vinaigrette

Serves: 6

Raspberry Vinaigrette Ingredients

(makes about 2 cups)

¼ cup balsamic vinegar

¼ cup apple cider vinegar

¼ cup extra virgin olive oil

1 tablespoon honey

1 tablespoon Dijon mustard

Dash of salt

1/8 teaspoon coarse black pepper

½ teaspoon fresh thyme leaves

1 cup raspberries, fresh or frozen

Salad Ingredients

¼ cup toasted almond slivers

2 strips bacon, fried crisp, drained well and crumbled

2 tablespoons feta cheese, crumbled

1 avocado, chopped

5 cups fresh spinach

6 strawberries topped and sliced.

Directions

Combine the balsamic and cider vinegar with the olive oil and whisk until blended. Stir in the honey and mustard. Add the salt pepper and thyme. Stir to blend. Gently stir in the raspberries. Set aside to allow the flavors to blend.

In a large salad bowl, add ¾ cup raspberry vinaigrette dressing. Stir in the almonds, bacon, feta cheese and avocado. Gently stir in the spinach to lightly coat the salad with the dressing. Top with fresh strawberries.

This salad pairs well with pork, chicken, soup, sandwich or flat bread. It also stands well on its own with a coarse fresh bread. A light red pinot noir or its sister pinot grigio compliments the occasion.

Exchanges per serving:

2 Vegetables, 2 Fats

Nutrients per serving:

Calories: 159

Calories from fat: 110

Total Fat: 13 g

Saturated Fat: 3 g

Cholesterol: 7 mg

Sodium: 156 mg

Carbohydrate: 9 g

Dietary Fiber: 5 g

Protein: 4 g