

Spinach Strawberry Salad Recipe

A refreshing salad featuring ripe, seasonal strawberries and crisp spinach leaves is springtime in a bowl.

Updated: February 8, 2022



Photo credit: TanyaLovus / bigstockphoto.com

6 servings | serving size: $\frac{1}{6}$ of recipe

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing spinach and strawberries and gently rubbing the red onion under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients

- $\frac{1}{2}$ cup raw pecans
- $\frac{1}{4}$ cup balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- $1\frac{1}{2}$ Tablespoons poppy seeds
- $1\frac{1}{2}$ Tablespoons honey
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{8}$ teaspoon ground black pepper
- 10 ounces fresh spinach (about 6 cups)
- 4 cups sliced strawberries
- $\frac{1}{2}$ cup thinly sliced red onion*
- $\frac{3}{4}$ cup reduced-fat crumbled feta cheese

Directions

1. To toast the pecans, preheat the oven to 350°F. Spread the pecans out in a single layer on a baking sheet and bake for 8 to 10 minutes. You will be able to smell the pecans roasting when they are close to done and the center of a pecan may be tan when broken in half. Move to a cutting board and roughly chop.
2. In a small mixing bowl, whisk together vinegar, oil, poppy seeds, honey, mustard, and pepper until combined.
3. Add the spinach to a large serving bowl. Top with the strawberries, red onion, feta, and pecans. Lightly drizzle the salad with dressing and toss to combine.

*Tip: Place sliced onions in a bowl and cover with cold water. Let sit while preparing the rest of the salad. This keeps their flavor but eliminates the harsh bite of the onion.

Recipe adapted from [Well Plated: Spinach Strawberry Salad](https://www.wellplated.com/spinach-strawberry-salad/)(<https://www.wellplated.com/spinach-strawberry-salad/>)

Nutrition Facts

6 servings per container

Serving size 1/6 of recipe (229g)

Amount per serving

Calories **270**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 390mg **17%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **18%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 165mg **15%**

Iron 3mg **15%**

Potassium 475mg **10%**

*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.

Authors

Amber E. Denmon, MS, RDN, LDN

Extension Educator, Food, Families & Health

Expertise

- Nutrition
 - Health & Wellness
 - Retail Food Safety
-