



Strawberry Salad with Honey Lime Vinaigrette

This is a great seasonal salad that is light and refreshing. You can use any berries that are in season.

<u>U.S.</u>		<u>Metric</u>
6 cups	Mixed Greens or Spinach, washed, dried	180 g
1 cup	Strawberries, sliced	250 g
1/4 each	Red Onion, thinly sliced	1/4 each
1 Tbsp	Parmesan Cheese, grated	6.3 g
2 Tbsp	Lime Juice (about 1 lime)	30 mL
1 Tbsp	Red Wine Vinegar	15 mL
1 Tbsp	Honey	21 g
1 tsp	Dijon Mustard	5 g
1 Tbsp	Basil, fresh, chiffonade (sliced into ribbons)	3.6 g
2 Tbsp	Extra Virgin Olive Oil	30 mL
2 Tbsp	Poppy Seeds	18 g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. In a large bowl, combine greens, strawberries, red onions, and parmesan cheese.
3. In a jar or container with a tight fitting lid (such as a mason jar) combine vinegar, lime juice, honey, mustard, basil, and olive oil. Shake well to combine.
5. Pour dressing over salad and gently toss to coat.
6. Top with poppy seeds and black pepper. Enjoy!

Nutrition Facts

3 Servings

Serving size **2 cups**

Amount per serving

Calories **190**

Total Fat	12 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	0 mg
Sodium	55 mg
Total Carbohydrate	18 g
Dietary Fiber	5 g
Total Sugars	10 g
Includes 6g Added Sugars	
Protein	4 g
Vitamin D	0 %
Calcium	7 %
Iron	5 %
Potassium	100 mg
Phosphorus	65 mg
