



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 1/2 cups	Strawberries, sliced	250 g
1/4 each	Red Onion, julienned	1/4 each
2 Tbsp	Lime Juice	30 mL
1 Tbsp	Red Wine Vinegar	15 mL
1 Tbsp	Honey	21 g
1 tsp	Creole or Dijon Mustard	5 g
1 Tbsp	Basil, fresh, chiffonade	3.6 g
1 Tbsp	Parmesan Cheese, grated	6.3 g
2 Tbsp	Olive Oil	30 mL
2 Tbsp	Sesame or 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, and onions. Toss to mix well
3. In a medium bowl combine vinegar, lime juice, honey, mustard, basil, and parmesan cheese. Whisk to combine.
4. While whisking, slowly pour olive oil into mixture.
5. Pour dressing over salad and gently toss to coat.
6. Top with sesame or poppy seeds and black pepper. Enjoy!

Nutrition Facts

Serving size	2 cups
Servings	4
Calories	145
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	41 mg
Carbohydrates	14 g
Dietary Fiber	4 g
Sugars	8 g
Protein	3 g
Vitamin A	15 %
Calcium	6 %
Vitamin C	5 %
Iron	3 %
Phosphorus	40 mg
