

# SPRING SPINACH & STRAWBERRY SALAD

**Prep Time** 15 mins **Cook Time** 15 mins **Total Time** 30 mins

Fresh spinach and strawberries, date, red onion, and spiced candied pecans, with a tart lemon poppy seed dressing. Delicious and easy to make!

## Ingredients

- 6 cups baby spinach leaves
- 12 strawberries cored and sliced
- 1/2 red onion thinly sliced
- 4 medjool dates pitted and chopped

### For the Spiced Pecans

- 1 cup whole pecans
- 1/4 cup pure maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- Salt and pepper to taste

### For the Salad Dressing

- 1/2 cup apple cider vinegar
- 2 tbsp lemon juice
- 1/4 tsp sugar
- Salt to taste
- 2 tbsp extra virgin olive oil
- 1 tsp poppy seeds
- 1/2 tsp dried tarragon
- Black pepper to taste

## Instructions

### FOR THE SPICED PECANS

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a medium bowl, stir the maple syrup, cinnamon, cumin, and salt and pepper until combined.
3. Fold in the pecans and stir gently until they're evenly covered in the syrup mixture.
4. Spread evenly on a parchment lined baking sheet and bake for 5 to 7 minutes then flip the pecans and bake for another 5 to 7 minutes, or until they're lightly browned.
5. Let cool for 15 minutes.
6. Store in an airtight container for up to 2 weeks.

### FOR THE LEMON POPPY SEED DRESSING

1. In a small bowl, whisk the lemon, vinegar, sugar, and salt together until the sugar and salt dissolve.
2. Whisk in the olive oil, poppy seeds, tarragon, and black pepper.

### TO CONSTRUCT THE SALAD

1. Add the spinach to a large bowl and top with the strawberries, onion, and dates.
2. Pour the dressing on the salad and toss to coat.
3. Sprinkle the pecans on top and serve.

## Recipe Notes

The Nutrition Facts are an ESTIMATE only.

If you're going to make the salad on the go, store the dressing in a separate container and add before serving to prevent the spinach from wilting.

# Nutrition Facts

SPRING SPINACH & STRAWBERRY SALAD

Amount Per Serving

**Calories** 219    Calories from Fat 144

**% Daily Value\***

**Total Fat** 16g                    **25%**

Saturated Fat 1g                **5%**

**Sodium** 27mg                   **1%**

**Potassium** 329mg              **9%**

**Total Carbohydrates** 16g **5%**

Dietary Fiber 3g                **12%**

Sugars 10g

**Protein** 2g                        **4%**

Vitamin A 56.4%

Vitamin C 30.7%

Calcium 7.3%

Iron 8.7%

\* Percent Daily Values are based on a 2000 calorie diet.

**Balsamic Vinaigrette** (for another type of dressing)

- 1/2 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 1-2 cloves garlic, minced
- 1 tbsp dijon mustard
- 1 tsp maple syrup
- salt and pepper, to taste

In a **small blender**, combine the ingredients for the Balsamic Vinaigrette and set aside.

<https://www.mydarlingvegan.com/spinach-strawberry-salad-balsamic-vinaigrette/>

<https://www.veganosity.com/spring-spinach-strawberry-salad/>