

Strawberry Spinach Salad

salad 

Recipe adapted from: *Harvest of the Season - Utah Agriculture in the Classroom* Serves 6

Ingredients

6 oz bag of Spinach
2 1/2 C. Grilled Chicken
2 1/2 C. Strawberries
1 1/2 C. Mushrooms
6 oz Mozzarella Cheese
6 oz Sunflower Seeds

Dressing:

1/3 C. Balsamic Vinegar
3 t. Lemon Juice
2 t. Honey
1/2 t. Basil
1/2 t. Salt
1/4 t. Pepper
1/2 t. Garlic Powder
1/2 C. Olive Oil

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Directions

Prep produce:

Wash strawberries, mushrooms and spinach.
Cut strawberries, mushrooms and spinach if needed.

Prepare dressing:

In a blender combine - 1 cup of strawberries (save the rest for topping), balsamic vinegar, lemon juice, honey, basil, salt, pepper and garlic. While blender is running, slowly add olive oil.

Assemble salad:

In a bowl or plate, add three cups of spinach, 3 oz chicken (about the size of the palm of your hand), 1/4 cup strawberries, 1/4 cup mushrooms, and top with 1 oz cheese and a sprinkle of sunflower seeds. Drizzle about 1 oz of dressing over salad.
Repeat for each person.

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