

STRAWBERRY AVOCADO SPINACH SALAD



INGREDIENTS

SALAD INGREDIENTS:

6 cups, baby spinach
1 pint strawberries, hulled and sliced
1 avocado, peeled, pitted and diced
4 ounces crumbled blue cheese (*or goat cheese or feta*)
1/4 cup sliced almonds, toasted
half a small red onion, thinly sliced

POPPYSEED DRESSING INGREDIENTS:

1/3 cup avocado oil (*or olive oil*)
3 Tablespoons apple cider vinegar
2 tablespoons honey
1 tablespoon poppy seeds
1 teaspoon Dijon mustard (*optional*)
fine sea salt and freshly-cracked black pepper

INSTRUCTIONS

TO MAKE THE SALAD:

Toss all ingredients together with your desired amount of dressing until combined.
Serve immediately.

TO MAKE THE POPPYSEED DRESSING:

Whisk all ingredients together until combined. Add a pinch of salt and pepper, or more



Recipe brought to you by the Food Bank of the Rio Grande Valley
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