

# Strawberry Spinach Salad

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermeyer

Try this easy summer salad to add extra color to your plate!

## About the Recipe

**168 Calories · 4 g Protein · 5 g Fiber**

**Lunch**

**Gluten-free**

## Ingredients

***Makes 4 Servings***

- 6 c (180 mL) baby spinach
- 1 apple, cored and diced
- 4 tbsp (40 g) red onion, diced
- 1/2 c (87 g) pomegranate seeds
- 1 1/2 c (225 g) strawberries, sliced
- 4 tbsp (368 g) sliced almonds
- 1/4 c (60 mL) low-fat nondairy plain yogurt
- 2 tbsp (30 mL) apple cider vinegar
- 1/4 c (80 mL) all-fruit raspberry jam
- 2 tsp (10 mL) Dijon mustard
- 1/8 tsp (0.6 mL) iodized salt

## Directions

1. Place baby spinach, apple, red onion, pomegranate seeds, strawberries, and almonds in a large salad bowl.
2. In a small bowl, whisk together yogurt, apple cider vinegar, raspberry jam, Dijon mustard, and salt.

3. Just before serving, pour dressing over the salad and toss.
4. Note: You can use walnuts or pecans in place of almonds.

## Nutrition Facts

*Per serving (1/4 of recipe):*

**Calories:** 161 kcal

**Fat:** 4 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 21%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 25 g

**Sugar:** 21 g

**Fiber:** 6 g

**Sodium:** 180 mg

**Calcium:** 104 mg

**Iron:** 2.1 mg

**Vitamin C:** 50 mg

**Beta-Carotene:** 2563 mcg

**Vitamin E:** 2.9 mg