

# SIU Culinary Medicine

## Spinach Strawberry Salad

### INGREDIENTS

#### **Easy Herb Vinaigrette**

9 tbsp white wine vinegar

1 ½ tbsp wildflower honey

½ tsp fine sea salt

¾ cup canola oil

4 tbsp chopped fresh basil

3 tbsp minced fresh chives

#### **Salad**

1 ½ cups strawberries

¼ cup Easy Herb Vinaigrette

2 tbsp finely chopped fresh mint

1 (6 oz.) package fresh baby spinach

2 tbsp sliced almonds, toasted

¼ tsp freshly ground black pepper

### STEPS

1. Combine the first three ingredients in a medium bowl.
2. Slowly whisk in oil until combined. Stir in basil and chives.
3. Combine strawberries, ¼ cup vinaigrette, mint and spinach in a large bowl. Toss gently to coat.
4. Sprinkle with almonds and pepper; serve immediately.
5. Store remaining vinaigrette, covered, in refrigerator for up to five days.

### NOTES

Can also add avocado, goat cheese or grilled chicken. Serves 4 (about 2 cups each).