



Spinach, Berries & Toasted Walnut Salad

Serves four

1 cup chopped walnuts
½ tsp. salt
¼ tsp. ground cinnamon
4 cups baby spinach leaves
¼ cup sliced red onion
1 cup blueberries
1 cup sliced strawberries
½ cup crumbled Feta cheese
Dressing of choice – we will use Honey Balsamic Vinaigrette

Place the walnuts in a dry skillet. Add the salt and cinnamon. Shake the pan and toast until you can smell the walnuts. Do not burn. This should take about 4 minutes. Remove from heat.

Add the spinach, red onion, blueberries, strawberries, toasted walnuts and Feta cheese in a bowl. Add salad dressing and toss. Serve and enjoy!

Salad no dressing - CALORIES 285.08; FAT 22.81 grs (sat 3.81; mono 2.64; poly 13.90); PROTEIN 9.88 grs ; FIBER 5.34 grs; CARBS 15.83 grs; CHOLESTEROL 12.50mg; IRON 3.29 mg; SODIUM 530.63 mg; CALCIUM 143.39 mg