

# Recipe



## Simple Spinach Berry Salad

1 Serving

Serve with a BBQ turkey burger on a whole grain bun, with your choice of condiments.

### Ingredients

- 2 cups baby spinach, raw
- 2 medium strawberries, sliced
- 15 g goat cheese, soft, crumbled
- 1 tbsp chopped nuts, walnuts, toasted
- 1 tbsp balsamic vinaigrette salad dressing, lighthouse

### Directions

1. Wash spinach (if not already washed and ready to eat).
2. Toast chopped walnuts on 250F for about 10 minutes - careful not to burn!
3. Add sliced strawberries and crumbled goat cheese to salad. Top with toasted nuts.
4. Add dressing and toss.

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	156
FAT (g)	12.81
SATURATED FAT (g)	3.183
TRANS FAT (g)	0
CHOLESTEROL (mg)	7
SODIUM (mg)	280
CARBOHYDRATE (g)	6.78
FIBRE (g)	2.4
PROTEIN (g)	5.88
VITAMIN A (µg)	340
VITAMIN C (mg)	32
CALCIUM (mg)	95
IRON (mg)	2.33