

Lunch | Dinner

Strawberry Avocado Spinach Salad with Poppy Seed Dressing

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

436 Calories **36g Fat** **23g Carbs** **10g Protein**



Ingredients

4 Servings **15 Mins Total Time**

Allergens: Dairy, Nuts

6 Cups Baby Spinach

2 Cups Strawberries, washed and sliced

1 Avocado, peeled, pitted, and diced

4 Oz Crumbled Cheese (feta, gorgonzola, blue cheese)

¼ Cup Slivered Almonds

½ Red Onion, thinly sliced

Poppy Seed Dressing

⅓ Cup Extra Virgin Olive Oil 1 Tbsp Poppy Seeds

3 Tbsp Apple Cider Vinegar Pinch of Dry Ground Mustard

2 Tbsp Honey Salt and Pepper, to taste

Allergen Swap

Nuts Replace almonds with roasted sunflower seeds.

Dairy Replace cheese with a non-dairy cheese or omit cheese.

Nourishment Note!



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with psoriatic disease. It also contains nutrients and vitamins that may help lower the risk of heart disease and diabetes.



Strawberries

Strawberries contain high amounts of vitamin C, a nutrient important to the immune system. They also may help to prevent inflammation in the body, improve cholesterol levels, and decrease the risk for heart disease.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

1. Create Ice Bath

In a small bowl, add water and ice to create an ice bath.

2. Add Red Onion to Ice Bath

Add the red onion slices to the ice bath to remove the bite of the onion. Remove onion after approximately 5 minutes.

3. Toss Salad

Toss all salad ingredients together in a large bowl until well combined.

4. Whisk Dressing

In the other small bowl, whisk together the poppy seed dressing ingredients.

5. Serve & Enjoy!

Drizzle dressing over salad. Serve immediately and enjoy.

1. Wash Hands

Wash hands with soap and water.

Recipe adapted from [gimmesomeoven.com](https://www.gimmesomeoven.com)

What You'll Need



Large Bowl



(2) Small Bowls



Whisk



Cutting Board



Knife



Tongs



Measuring Cups



Measuring Spoons

PD Cooking Tips

Onion: Use pre-diced onion from the deli-section of your local grocery.

Dressing: When energy levels are high, try making the dressing in-advance. Dressing will keep for up to 7 days in the refrigerator. to save time on days when energy is low.