

Snack | Side

Strawberry Avocado Salad

Side Effect: Altered Taste

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**

Salad	
6 Cups Baby Spinach, wash before using	🍴
2 Cups Strawberries, washed and sliced	🍴
1 Avocado, peeled, pitted, and diced	🍴
4 Oz Pasteurized Crumbled Cheese (feta, gorgonzola, blue cheese)	
¼ Cup Roasted Slivered Almonds	
½ Red Onion, peeled and 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 Pasteurized Honey	Salt and Pepper, to taste

Allergen Swap

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

Nuts Replace almonds with roasted sunflower seeds.

Nourishment Note



🍴 Spinach

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



🍴 Strawberries

Fruits, like strawberries, are generally more accepted in patients experiencing taste challenges. Strawberries also contain high amounts of vitamin C to help protect the immune system.



🍴 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.

2. Prepare Ice Bath

In a small bowl, add water and ice to create an 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 & Serve

In the other small bowl, whisk together the poppy seed dressing ingredients. Drizzle over salad. Serve immediately and enjoy.

5. Wash Hands

Wash hands with soap and water.

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

What You'll Need



Large Bowl



Small Bowl (2)



Whisk



Cutting Board



Knife



Tongs



Measuring Cups



Measuring Spoons

Fatigue Buster

- Ask a friend or family member to help prepare this dish.
- Use pre-sliced onions or berries found in the produce section. Be sure to check the expiration date and wash items before eating.