

Strawberry Pecan Spinach Salad with Creamy Dijon Balsamic Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 35

WW POINTS: 1SP

DRESSING CALORIES: 38

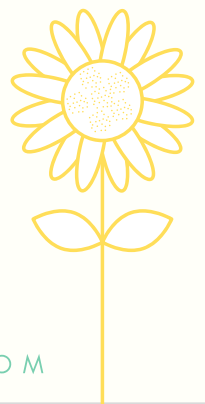
WW POINTS: 2SP

SALAD INGREDIENTS:

- 6 cups baby spinach
- 2 cups strawberries, sliced
- ½ cup red onions, sliced
- ½ cup yellow peppers, diced (red or orange peppers will work too)
- ¼ cup toasted pecans, chopped

SALAD DIRECTIONS:

In a large salad serving bowl, toss all salad ingredients (listed above) until well mixed and colorful.



Strawberry Pecan Spinach Salad with Creamy Dijon Balsamic Vinaigrette

CREAMY DIJON BALSAMIC VINAIGRETTE INGREDIENTS:

½ cup plain non-fat Greek yogurt
¼ cup balsamic vinegar
1 tbsp olive oil
1 tbsp water
1 tbsp dijon mustard
¼ tsp garlic powder
¼ tsp onion powder
¼ tsp salt
¼ tsp pepper

CREAMY DIJON BALSAMIC VINAIGRETTE DIRECTIONS:

In a medium size mixing bowl, whisk all of the ingredients together until you get your desired creamy consistency.

Another option is to place all of the ingredients in an airtight container, cover, and shake it vigorously until you achieve a creamy consistency. Store in the fridge for up to one week.

EAT & ENJOY

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