



COMMUNITY | HEALTH | CARE

Strawberry Spinach Salad with Walnuts and Avocado

Ingredients

2 cups of strawberries, washed hulled and halved
4 cups of baby spinach
1 avocado, peeled and chopped
½ cup chopped walnuts
½ cup raspberry maple dressing* or your favorite dressing

*See recipe

Directions

Step 1

Prepare the spinach, berries and avocado

Wash strawberries. Remove leaf green tops and slice in half.

Wash spinach in cool water. Dry in salad spinner or pat dry with towels

Carefully remove skin and pit from avocado. Chop into bite sized pieces.

Step 2

Combine all ingredients

Place spinach, berries and avocado in large bowl.

Step 3

Top with dressing and chopped walnuts

Step 4

Toss to combine and enjoy!