

Strawberry Spinach Salad

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Serves 2 salad plus 1 Tbsp dressing

Blue – 5 points

Purple – 5 points

Green – 5 points

Salad

- 8 oz baby spinach and mixed greens
- 8 oz fresh strawberries
- 1/4 cup crumbled cheese – goat, feta, bleu, your choice – adjust points. Points based on feta
- 2 Tbsp chopped nuts of choice
- sliced red onion, optional

Poppy Seed Dressing

- 1/4 cup olive oil
- 3 Tbsp non fat, plain Greek yogurt
- finely grated zest of 1/2 lemon
- 2 Tbsp lemon juice
- 1/2 Tbsp dijon mustard
- 1 tsp honey
- 2 tsp poppy seeds
- 1/8 tsp salt

Dressing

1. Mix all ingredients together in a jar with a tight fitting lid. Shake until well combined

Salad

1. Combine spinach and mixed greens. Top with strawberries, cheese, nuts and onions
2. Top with 1 Tbsp salad dressing

Main Course, Salad
Salad