

Spinach, Radish and Strawberry Salad



Indulge in a delightful and nutritious spinach salad with this fantastic recipe. The combination of sweet strawberries provides a burst of natural sweetness, perfectly complemented by the satisfying crunch of walnuts. This easy-to-prepare dish is a refreshing and mouthwatering choice for a delightful side or standalone meal.

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 170

Fat 15

Carbohydrates 6

Fibre 2

Protein 5

Sodium 230

Ingredients

- One small container (142 g) fresh spinach, washed
- 125 ml (½ cup) fresh strawberries, sliced
- 60 g (? cup) crumbled feta cheese
- 60 ml (¼ cup) chopped walnuts
- 2 radishes, thinly sliced into rounds

- 30 ml (2 tbsp) balsamic vinegar
- 5 ml (1 tsp) Dijon mustard
- Pepper to taste

Preparation

1. In a large bowl, combine spinach, strawberries, feta cheese, walnuts and radishes.
2. In a small bowl, whisk together olive oil, balsamic vinegar and Dijon mustard. Season to taste.
3. Pour dressing over salad and toss to coat.
4. Serve immediately.

Notes

Can be stored in the refrigerator for a few hours, but we recommend immediate consumption to ensure freshness.



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