

Sarah's Healing Touch

Spinach, Pecan, and Strawberry Salad

This is such a beautiful and delicious summer salad. Very easy to assemble yet elegant looking not to mention tasty!! That is my kind of salad!



Ingredients

- 1 Bunch of baby spinach (enough to fill the bowl you are using)
- 1 Pint strawberries sliced
- 1/2 C. Coarsely chopped pecans (can use walnuts instead)
- 8 Ounces of feta cheese (can use fresh parmesan cheese instead)
- 1/2 C. Extra virgin olive oil
- 1/4 C. Balsamic Vinegar
- 1/4 C. Honey
- Fresh ground pepper to taste
- 1/2 Red onion sliced *optional
- 1/2 pomegranate *optional

Directions

Combine olive oil, balsamic vinegar, and honey, mix well and set aside. Mix together spinach, strawberries, and nuts. If adding onion and pomegranate add now, gently combining together. Stir oil mixture and pour evenly over salad and toss. Sprinkle feta cheese on top and gently fold into salad. Top with freshly ground pepper.

Rejuvenate Refresh Relax