



SPINACH SALAD WITH ROASTED PECANS WITH STRAWBERRY BALSAMIC VINAIGRETTE

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

This recipe can be adapted to weight loss and/or maintenance based on the “cheese” option you choose. A serving is 2.5 - 3 cups salad and 2 tbsp vinaigrette. It covers your fat, vegetable, ¼ - ½ c. fruit.



INGREDIENTS

Spinach Salad:

- 4 cups spinach (or mixed greens)
- 1 cup strawberries, sliced
- 1/4 cup red onion, thinly sliced
- 2 cups walnuts or pecans (maintenance only), rough chopped (can lightly roast at 375°F for 5-7 minutes)
- 1/3 cup Feta (maintenance only) or Vegan Feta Cheese (in Client recipes)

Vinaigrette:

- 1 cup strawberries (approx. 10-12)
- 1/4 cup balsamic vinegar
- 1/4 cup extra-virgin olive oil



1 Tbsp Dijon mustard
1 clove garlic, minced
1/4 tsp. pink Himalayan salt
1/4 tsp. freshly-ground pepper
Stevia drops to taste (optional)

DIRECTIONS

Preheat oven to 425°F. Line a small baking sheet with parchment paper or foil with edges folded to catch strawberry juices.

Remove leaves and stems from strawberries and place on baking sheet. Roast 15-20 minutes or until caramelized. Cool 10 minutes.

Using a blender/bullet/immersion blender, add roasted strawberries and juice, and all other vinaigrette ingredients. Blend until smooth. For a thinner dressing, add additional olive oil.

Assemble Spinach Salad ingredients and serve vinaigrette on the side.