



## Fruity Spinach Salad

### **Salad Ingredients: (all measurements are approximate)**

2 cups Baby Spinach - chopped  
1 medium Jicama - chopped  
1 English Cucumber - chopped  
1 Bunch of Broccoli - chopped  
1 Pear - chopped  
1 Orange – peeled and chopped  
1 cup Reduced Fat Feta Cheese  
Walnuts, Almonds, or Sunflower Seeds

### **Strawberry Vinaigrette Dressing:**

Pureed Strawberries  
Balsamic Vinegar  
Extra Virgin Olive Oil

Toss all salad ingredients, top with strawberry vinaigrette, and enjoy 😊

Serves 4

FLT Servings: 2 Category 1 Vegetables; 1 Fruit; 1-2 Oils; 1 Nut/Seeds; ½ Protein