

**Recipe Name    Spinach Salad with Strawberries and Spiced Pepitas**

**Ingredients:**            1 – 6 oz. bag of organic baby spinach (about 5 cups)  
                                 ½ small red onion, very thinly sliced  
                                 1 qt. organic strawberries, hulled and sliced  
                                 Optional additions: chopped hard-boiled egg, toasted almonds, walnuts,  
                                 beets, mushrooms, avocado, dried fruit, orange wedges, quinoa, organic  
                                 chicken or feta/goat cheese if tolerated

**Spiced Pepitas:**

                                 ½ cup pepitas (raw, hulled pumpkin seeds)  
                                 1 tsp. maple syrup  
                                 ¼ tsp. cinnamon  
                                 Sprinkle of kosher salt  
                                 Pinch of cayenne

**Dressing:**

                                 3 Tbsp. balsamic vinegar  
                                 1 Tbsp. Dijon mustard  
                                 1 clove garlic, minced  
                                 ½ cup good olive oil  
                                 Kosher salt and pepper to taste

**Directions:**

1. Place red onions in a bowl of ice water to soak while preparing the rest of the salad (this preserves the flavor while losing the harsh bite)
2. Stir together pepitas, maple syrup, cinnamon, salt, and cayenne. Heat pepitas in a skillet over medium heat until toasted, about 4 minutes. Allow to cool before storing. They will get crisp as they cool.
3. Prepare the dressing by whisking the balsamic, garlic and Dijon in a small bowl. Slowly and gradually add the olive oil while whisking briskly to emulsify the dressing. Salt and pepper to taste.
4. In a large bowl, add all your salad ingredients (reserve ¼ cup spiced pepitas for the top) including any optional additions (below). Drizzle some dressing over top. Start conservatively, you can always add more. \* Dress salad right before



serving and only dress what you think you will eat.  
Spinach does not hold up well once dressed.

5. Toss, adjust seasoning as needed and top with remaining pepitas.

# RECIPE

## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **141**

% Daily Value\*

**Total Fat** 10.2g **13%**

Saturated Fat 1.6g **8%**

**Cholesterol** 0mg **0%**

**Sodium** 54mg **2%**

**Total Carbohydrate** 12.3g **4%**

Dietary Fiber 3.5g **13%**

Total Sugars 7.1g

**Protein** 2.6g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2mg 9%

Potassium 365mg 8%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**