

## Strawberry Pecan Spinach Salad



### INGREDIENTS

- 1 large bunch of spinach (approx. 8-10 cup), washed
- 1 cup sliced fresh strawberries
- ½ cup feta cheese (\*omit for V)
- ½ cup raw pecans
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- ¼ cup olive oil

### NUTRITION FACTS 4 servings

Calories: 105	Total Carbohydrate: 25 g
Fat: 5 g	Dietary fiber: 3 g
Sodium: 70 mg	Protein: 3 g

### DIRECTIONS

1. Combine the spinach, strawberries, cheese (if using) and pecans in a large bowl.
2. Stir the balsamic vinegar and honey together in a bowl, slowly adding olive oil in, while whisking continuously.
3. Drizzle over salad just before serving.

## Apple Kale Salad



### INGREDIENTS

#### SALAD

- 1 bunch kale, destemmed and chopped into small strips
- 2 apples, chopped
- ¼ cup dried cranberries
- ½ cup pomegranate seeds (or arils)
- ½ cup coarsely chopped walnuts

#### DRESSING

- 3 Tbsp. unsweetened applesauce
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. maple syrup
- ½ tsp. cinnamon
- ½ tsp. minced fresh ginger



### NUTRITION FACTS 4 servings

Calories: 132	Total Carbohydrate: 28 g
Fat: 1.7 g	Dietary fiber: 2 g
Sodium: 65 mg	Protein: 7 g

### DIRECTIONS

1. Combine dressing ingredients in small glass jar. Place lid on top and shake (or whisk in small bowl).
2. Place kale in large bowl and massage dressing into kale with hands. Let rest for 30 minutes. Top with remaining salad ingredients.