

## **Strawberry Avocado Spinach Salad with Lemon Poppy Seed Dressing**

### **Salad Ingredients:**

6 cups fresh baby spinach

1 pint fresh strawberries, hulled and sliced  
or halved

1 avocado, diced or sliced (can double to 2  
avocados)

Half a small red onion, thinly sliced

4 ounces of crumbled gorgonzola or feta  
cheese

1/4 cup walnuts, pecans or sliced almonds  
(toasted if desired)

### **Dressing Ingredients:**

1/4 cup lemon juice (lime juice can be  
substituted)

1/4 cup plain Greek yogurt

1/4 cup honey

1/8 teaspoon sea salt

1/8 teaspoon coarse ground black pepper

1/4 teaspoon poppy seeds

1/4 teaspoon lemon (or lime zest)

Combine spinach, strawberries, avocado, and onion in a large bowl and toss gently. Arrange mixture on a salad plate and top with cheese and nuts.

In a small bowl, whisk together dressing ingredients and drizzle over salad just before serving.

Yield: 2-6 servings depending on whether it is used as a main dish or side salad

Michael Andrew Brister

Trinity County

Senior-Fruit and Vegetable