

## Strawberry Avocado Spinach Salad with Lemon Poppy Seed Dressing

### Salad Ingredients:

6 cups fresh baby spinach	Half a small red onion, thinly sliced
1 pint fresh strawberries, hulled and sliced or halved	4 ounces of crumbled gorgonzola or feta cheese
1 avocado, diced or sliced (can double to 2 avocados)	1/4 cup walnuts, pecans or sliced almonds (toasted if desired)

### Dressing Ingredients:

1/4 cup lemon juice (lime juice can be substituted)	1/8 teaspoon sea salt
1/4 cup plain Greek yogurt	1/8 teaspoon coarse ground black pepper
1/4 cup honey	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

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