



Strawberry Balsamic Salad with Maple Walnuts

2 servings

15 minutes

Ingredients

1/2 cup Walnuts
1 tbsp Maple Syrup
4 cups Baby Spinach
1 cup Strawberries (sliced)
1/4 cup Goat Cheese (crumbled)
1 1/2 tsps Balsamic Vinegar
1 1/2 tsps Extra Virgin Olive Oil
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	384
Fat	33g
Saturated	5g
Polyunsaturated	15g
Monounsaturated	10g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	9g

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein, Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time, Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese, Use feta or cashew cheese instead.

Storage, Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.