Ingredients:
• 1/2 cup chopped walnuts
• 4 cups baby spinach
• 2 cups sliced strawberries
• 1 small red onion, finely sliced
• 1/4 teaspoon freshly ground pepper
• 1/8 teaspoon salt
• 2 tablespoons balsamic vinegar
• 1 tablespoon extra-virgin olive oil

Directions:
1. Toast walnuts in a small dry skillet over low heat for 3-5 minutes, or until lightly browned and aromatic. Remember to stir frequently. Let cool.
2. In a large bowl, combine spinach, strawberries, red onion, pepper and salt. Lightly dress salad with oil and vinegar, add walnuts, and toss gently. If desired, sprinkle salad with 2 oz. of feta or goat cheese.

Serves 4
167 calories, 13 g fat, 10 g carbohydrate, 3 g fiber, 5 g protein
Source: Diabetes Action Research & Education Foundation