



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Strawberry Walnut Salad***

### **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*

