Spinach Salad With Strawberries & Apple Vinaigrette

EASY RECIPE

6 cups baby spinach leaves 2 cups fresh strawberries, sliced 2 tbsp roasted almonds, sliced

Vinaigrette:

¼ cup pure apple juice

2 tbsp olive oil

2 tbsp balsamic vinegar

2 tsp honey

1 tsp sesame seeds

¼ tsp salt

Fresh ground black pepper, to taste

1] Wash, trim and dry spinach. Refrigerate for about 15 minutes. Meanwhile, whisk together vinaigrette.

2] Toss greens and strawberries with vinaigrette.

3] Place greens evenly on 4 salad plates. Top with almonds and serve.

Makes about 8 cups (4 servings):

130 calories | 2.6g protein | 9.3g fat | 1.1g sat fat | 0mg cholesterol | 11.6g carbs | 5g sugar | 3g fiber | 39mg sodium