Triple Berry Spinach Salad

Ingredients:

For the salad: 7 cups spinach 1 cup strawberries, sliced 1 cup raspberries 1 cup blackberries 4 ounces feta cheese

For the candied pecans: 2 egg whites 2 teaspoons water 1 teaspoon vanilla 1 cup sugar 3/4 teaspoon salt 3/4 teaspoon cinnamon 4 cups pecan halves

For the dressing: 4 tablespoons lemon juice 1 teaspoon lemon zest 1/4 teaspoon onion powder 1/2 teaspoon Dijon mustard Salt and pepper to taste 3 tablespoons stevia 1/4 cup canola oil

You will only need 1/2 cup, but can enjoy the rest for snack, dessert, or salads

1/2 teaspoon poppy seeds

Amount Per Ser	1		
Calories 23) Calor	ies from	Fat 170
		% Da	aily Value
Total Fat 19g			29%
Saturated Fat 3.5g			18%
Trans Fat	0g		
Cholesterol 20mg			7%
Sodium 180mg			8%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 6g)		
Protein 5g			
	0/)	<i>.</i>	000/
		Vitamin (60%
Calcium 15% • I		ron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
Total Fat	Less than	65g	80g
Saturated Fat Cholesterol	Less than	20g 300ma	25g 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 cup (147g)

Directions:

- 1. For the candied pecans: Preheat oven to 250°F and line baking sheet with parchment paper.
- 2. In a mixing bowl, whip together the egg whites, water, and vanilla until frothy. In a separate bowl mix together sugar, salt, and cinnamon.
- 3. Add pecans to egg whites and stir to coat the pecans evenly. Remove the pecans and toss them in the sugar mixture until coated. Spread pecans onto prepared baking sheet. Bake for 1 hour, stirring and tossing every 15 minutes.
- 4. For the dressing: Combine lemon juice, lemon zest, onion powder, Dijon mustard, salt, pepper, and sugar in a bowl and whisk until combined. Stir in the canola oil and poppy seeds.
- 5. For the salad: Wash and dry all the fruit. Clean and de-stem spinach if necessary.
- 6. Toss the fruit with the spinach. Add candied pecans and feta cheese.
- 7. Top with dressing right before serving.
- 8. If you plan to have leftovers, do not toss in dressing as it does not store well. Store separately for best results.

For more information, please contact:

Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com



Source: chelseasmessyapron.com