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

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

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
1/2 teaspoon poppy seeds

Nutrition Facts
Serving Size 1 cup (147g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 170
	% Daily 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	

Vitamin A 70% • Vitamin C 60%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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:
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