

# BALSAMIC STRAWBERRY SPINACH SALAD



**3 cups of fresh spinach (washed & dried)**

**2 cups of fresh strawberries (washed & dried)**

*Be sure you dry the strawberries quickly and don't let them soak when washing them.*

**2 cups aged balsamic vinegar**

**¼ cup of sliced toasted almonds**

Preheat oven to 350°. Set aside 2 tablespoons of balsamic vinegar.

Cut the tops off the strawberries and then cut them in half lengthwise. Place the strawberries in a bowl and cover them with the balsamic dressing. Let sit for three minutes.

Place slivered almonds on a lined baking sheet. Bake until lightly toasted, about 3-5 minutes. Keep an eye on them as they can toast up very quickly. Remove from oven and cool completely.

Arrange spinach on serving platter. Top with balsamic strawberries and toasted almonds. Drizzle with remaining dressing; toss to coat.

**Yield: 4 servings**

Nutritional information: 141 calories / 18 mg sodium per serving



**BROWARD HEALTH**  
Imperial Point Medical Center

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