

10 REFRESHING SUMMER SALADS FOR HOT DAYS

BERRY SPINACH SALAD

INGREDIENTS

- 5 CUPS BABY SPINACH
- 1 CUP STRAWBERRIES, SLICED
- 1 CUP BLUEBERRIES
- ½ CUP RASPBERRIES
- ¼ CUP CHOPPED PECANS
- ¼ CUP CRUMBLED FETA
- BALSAMIC VINAIGRETTE

DIRECTIONS

1. ADD SPINACH TO A LARGE SALAD BOWL.
2. ARRANGE BERRIES OVER THE SPINACH.
3. SPRINKLE WITH PECANS AND FETA.
4. DRIZZLE WITH BALSAMIC VINAIGRETTE JUST BEFORE SERVING.

SIMPLE TIPS

- ADD GRILLED CHICKEN FOR A COMPLETE MEAL.
- TOAST PECANS FOR EVEN MORE FLAVOR.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1½ CUPS**
PER SERVING (APPROX.)

CALORIES: 170

PROTEIN: 5G

CARBS: 16G

FAT: 11G

FIBER: 4G

SUGAR: 10G

SODIUM: 170MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE


TOTAL: 15 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 2 DAYS.

ADD DRESSING JUST BEFORE SERVING.

 PAIRS WELL WITH

- GRILLED CHICKEN
- SALMON
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

TOAST THE PECANS FOR EXTRA CRUNCH AND FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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