

Spring Spinach, Asparagus, and Strawberry Salad with Basil Balsamic Vinaigrette

Prep time: 10-15 minutes

Serves 6-8

Ingredients

Dressing

- 1/3 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon pre maple syrup or honey
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- Fresh basil

Salad

- 2 (5-ounce) containers baby spinach
- 1 pound fresh asparagus, sliced into 1-inch pieces
- 1 pound strawberries, topped and sliced
- 1/2 medium red onion, sliced
- 1/2 cup feta or goat cheese crumbles
- 1/2 cup slivered almonds

Instructions

1. Place all dressing ingredients in a small bowl or jar with a lid and whisk or shake until all dressing ingredients are emulsified together.
2. Just before serving, place spinach leaves in a large bowl with the asparagus, red onion, and half of the strawberries then toss with dressing to taste. Sprinkle remaining strawberries over the top along with feta or goat cheese crumbles and slivered almonds.

