



Spinach Salad with Strawberry Hearts

The Ingredients (serves 2)

- 2 cups spinach
- 1 cup strawberries, halved
- 1/2 red onion, sliced thinly
- 1/2 cup apple cider vinegar
- 1 tsp sugar
- 1 tsp salt
- 1 avocado, diced
- 4 oz feta cheese
- Drizzle of olive oil
- Handful of pre-made roasted chickpeas or pea crisps or croutons as desired

The Method

- 1) ONE HOUR AHEAD or up to 2 weeks ahead, pickle the onions. Put apple cider vinegar, sugar and salt into a jar and mix well.
- 2) Add onions and cover. Let sit for 1 hr at room temp.
- 3) Put rest of ingredients in bowl, except for last 2. Then top with onions, olive oil and any crunchy thing you desire!

The Nutrition

1 serving

KCAL: 221

FIBER: 8 g

SATURATE FAT: 3.5 g

PROTEIN: 7 g

ADDED SUGAR: 2 g