**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