

Strawberry Spinach Salad

Heart-Healthy | Diabetes-Approved | Gluten-Free

Ingredients

Dressing

- 1 cup balsamic vinegar
- 1 tbsp sugar substitute
- 1 tbsp extra virgin olive oil

Salad

- 4 cups baby spinach, fresh
- 2 cups strawberries, halved or quartered
- ½ cup red onion, thinly sliced

Great with grilled fish, chicken, turkey or your favorite protein.

Preparation

1. In a small saucepan, bring balsamic vinegar to a boil. Add sugar substitute and cook until syrupy, about 3 minutes. Remove from heat and stir in olive oil. It may appear to separate.
2. Wash and dry spinach. Put in a large bowl with strawberries and onion. Pour warm (not hot) dressing over spinach salad. Toss and serve immediately.