

Strawberry Balsamic Salad with Maple Walnuts

8 ingredients · 15 minutes · 2 servings



Directions

1. Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
2. Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
3. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein

Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time

Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese

Use feta or cashew cheese instead.

Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt