

Foodnity Recipes

Strawberry Feta Spinach Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 cups baby spinach leaves
- [ ] 1 cup strawberries, hulled and sliced
- [ ] 1/2 cup feta cheese, crumbled
- [ ] 2 tbsp toasted pine nuts (optional)

For the Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 1 tbsp aged balsamic vinegar
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the spinach gently, spin dry, and place in a large bowl.
2. Add sliced strawberries and toss lightly, then sprinkle crumbled feta over the top.
3. In a small jar, combine olive oil, balsamic vinegar, honey, salt, and pepper; shake until emulsified.
4. Drizzle the vinaigrette over the salad, toss just enough to coat, and garnish with pine nuts if using.

Nutrition per serving

210 kcal	6 g	12 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the strawberries are very ripe, add them at the very end to keep their shape.
- Taste the vinaigrette before adding; adjust honey or vinegar to suit your palate.
- For extra color, toss in a few baby arugula leaves.