

Suitland Dine & Learn
January 2018: Ready, Set, Goal!

Strawberry Spinach Salad
Courtesy of Jessica Yamamoto, MS

Ingredients

- 8 tbs of Brianna's Blush Wine Vinaigrette
 - ½ cup low-fat feta cheese crumbles
 - 1 bag of fresh baby spinach
 - ½ cup of almond slices
 - ½ pint sliced strawberries
- Cost per serving: \$2.77**

Directions

1. Remove leaves and dice the strawberries
2. In a large bowl mix spinach, feta cheese, almond slices and strawberries
3. Toss with dressing
4. Separate into serving size bowls and enjoy!

Nutrition Information

Number of Servings: 4
Serving Size: Approx. 2 cups
Calories: 274

Amount Per Serving:

Total Fat: 36
Cholesterol: 5 mg
Sodium: 696 mg*

Total Carbs: 25 g
Dietary Fiber: 3 g
Protein: 8 g

HEALTH TIPS

Cut back on the sodium content of this recipe even more by using the dressing and feta cheese sparingly. A little bit goes a long way! **One should consume no more than 2,300 mg of sodium a day**, or 1,500 mg of sodium/day if one is at risk for/has hypertension, is over the age of 50 or is African American.

