

**Spring Clean Your
Family's Diet!**



“Spring clean your family’s diet by making a healthy spinach and strawberry salad! Salads are great for the season as they are light and easy to prepare. What’s even better about this recipe is that you can include your kids in the preparation process. Tasks such as washing the spinach and mixing the salad are great hands on activities. This is a super salad because the strawberries and spinach compliment each other quite well, as the vitamin c in the strawberries help your body to better absorb the iron that is in the spinach.” -Sherrie James, R.D.N.

Spinach and Strawberry Salad

Ingredients (Serves 2)

Dressing

- 2 tablespoons fresh squeezed lemon juice (1 lemon)
- 2 tablespoons olive oil
- 1 teaspoon raw honey or real maple syrup
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Salad

- 1 bunch of spinach
- 1 pound of strawberries, stemmed and sliced
- 2 tablespoons fresh basil or mint, roughly



Directions

- 1) In a blender or food processor, combine all ingredients for the dressing. Mix on low speed for 1 to 2 minutes. Set aside until ready to use.
- 2) Rinse spinach and shake off excess water.
- 3) Rinse strawberries and cut off the stems.
- 4) In a large mixing bowl, combine the salad dressing, spinach, and strawberries with hands and ready to serve.

Optional

Crumbled blue cheese, feta or goat cheese.

Did you know?

- Spinach is high in iron, helps to repair muscle tissue and increases your red blood cell count.
- Strawberries are high in vitamin C, they help to boost your immune system and are high in antioxidants.
- Basil can help to improve the blood flow to your brain.
- Mint helps with digestion and the scent of peppermint can improve memory and focus.