

Spinach Salad with Strawberry, Ginger, and Edamame

Yield: 6 servings

Gluten-free
Dairy-free
FODMAP friendly

Ingredients

1 inch ginger, peeled and sliced
½ cup grapes
¼ cup rice vinegar
1 tsp salt, kosher
1 Tbsp sesame oil
5 oz avocado oil
5 oz spinach
5 oz baby arugula
2 cups edamame, hulled
2 cups strawberries, trimmed and quartered

Directions

1. Combine ginger (1 inch), grapes (½ cup), rice vinegar (¼ cup), salt (1 tsp), and sesame oil (1 Tbsp) in the bowl of a blender. Purée until smooth.
2. While running the blender, slowly pour in the avocado oil (5 oz). Taste and adjust salt as needed.
3. Toss spinach (5 oz) and baby arugula (5 oz) in a large mixing bowl with just enough of the vinaigrette to lightly coat the leaves.
4. Plate the dressed greens. Serve topped with edamame and strawberries.



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Nutrition Facts

Serving size 1 (7oz)

Amount Per Serving **197g**

Calories 330

% Daily Value

Total Fat 29g **45%**

Saturated Fat 3.4g **17%**

Cholesterol 0mg **0%**

Sodium 417mg **17%**

Total Carbohydrate 13g **4%**

Dietary Fiber 5g **19%**

Sugars 6g

Protein 7g **15%**

Vitamin A **56%**

Vitamin C **70%**

Calcium **10%**

Iron **14%**