

# Spinach Salad with Strawberry and Asian Pear

**Yield: 6 servings**

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, swap shallot and red onion for green part of green onions or chives and swap honey for maple syrup

## Ingredients

1 small shallot, trimmed and quartered  
½ tsp sesame oil  
3 Tbsp balsamic vinegar  
1 Tbsp honey  
1 tsp mustard  
1 tsp salt, kosher  
½ cup avocado oil  
8 oz spinach  
½ red onion, sliced thin  
1 cup strawberries, trimmed and sliced thin  
1 Asian pear, trimmed, cored, and julienned  
3 oz gorgonzola cheese, crumbled  
2 oz chia seeds

## Directions

1. Place shallot, sesame oil (½ tsp), balsamic vinegar (3 Tbsp), honey (1 Tbsp), mustard (1 tsp), and salt (1 tsp) in blender and purée.
2. With the blender running on low, slowly pour in avocado oil (½ cup).
3. Adjust salt if needed.
4. Place the spinach (8 oz) in a large mixing bowl. Toss with just enough dressing to lightly coat leaves.
5. Plate dressed spinach, and top with onion, strawberries, Asian pear, gorgonzola cheese, and chia seeds.



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### Nutrition Facts

**Serving size 1** (5.4oz)

Amount Per Serving **154g**

**Calories** **312**

**% Daily Value**

**Total Fat** 25.8g **40%**

Saturated Fat 5.2g **26%**

**Cholesterol** 11mg **4%**

**Sodium** 594mg **5%**

**Total Carbohydrate** 16g **5%**

**Dietary Fiber** 6g **23%**

**Sugars** 8g

**Protein** 6g **13%**

Vitamin A **73%**

Vitamin C **45%**

Calcium **18%**

Iron **12%**