

# 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
<b>Calories</b>	<b>330</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 29g	<b>45%</b>
Saturated Fat 3.4g	17%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 417mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
<b>Dietary Fiber</b> 5g	<b>19%</b>
<b>Sugars</b> 6g	
<b>Protein</b> 7g	<b>15%</b>
Vitamin A	56%
Vitamin C	70%
Calcium	10%
Iron	14%