

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%