

Strawberry Spinach Salad

Fresh Strawberry Spinach Salad with feta, candied pecans & balsamic vinaigrette. Perfect spring/summer salad bursting with flavor & nutrients.

15 min

PREP

15 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Strawberry Spinach Salad

Ingredients

- 5 cup spinach
- 2 cup strawberry
- 1 cup feta cheese
- 1 cup pecan
- 1 cup red onion
- 1 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 1 tsp dijon mustard
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Make the dressing**

Whisk together 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon honey, 1 teaspoon Dijon mustard, 1 teaspoon salt, and 1 teaspoon pepper in a small bowl until smooth and emulsified.
- 2 Prepare the spinach**

Rinse 5 cups fresh spinach leaves in cold water and spin dry completely in a salad spinner or pat dry with paper towels until no moisture remains.
- 3** Hull and slice 2 cups fresh strawberries into 1/4-inch thick pieces, removing any soft or bruised areas.
- 4** Crumble 1 cup feta cheese into bite-sized pieces using your fingers or a fork.
- 5** Slice 1 cup red onion into thin rings, about 1/8-inch thick.
- 6 Assemble the salad**

Place the dried spinach leaves in a large serving bowl and top with sliced strawberries, crumbled feta cheese, 1 cup candied pecans, and sliced red onion.
- 7** Drizzle the balsamic dressing over the salad and toss gently with salad tongs or clean hands until all ingredients are evenly coated.
- 8** Serve immediately while the spinach is crisp and fresh.

Tips

Choose strawberries that are bright red, firm, and fragrant - avoid berries with white or green areas as they won't ripen further after picking.

Wash spinach in cold water and dry thoroughly using a salad spinner or clean kitchen towels. Any residual moisture will dilute the dressing and cause wilting.

Toast your own pecans for maximum flavor - simply heat them in a dry skillet over medium heat for 3-4 minutes until fragrant, or candy them with a touch of honey.

Make the dressing in a jar and shake vigorously, or use an immersion blender for perfect emulsification that won't separate as quickly.

Add delicate ingredients like avocado and fresh herbs just before serving to maintain their texture and prevent browning or wilting.

For best flavor balance, taste and adjust the dressing - add more honey if strawberries are tart, or more vinegar if they're very sweet.

Chill your serving bowl in the refrigerator for 10 minutes before assembling the salad to help keep everything fresh longer.

Layer ingredients thoughtfully when plating individual servings - place spinach as the base, then arrange strawberries, cheese, and nuts on top for an attractive presentation.