



# Strawberry Spinach Salad with Avocado

Spinach is one of the best sources of lutein, an antioxidant that plays a key role in eye health. Enjoy this as a refreshing side salad or add your favourite protein to make this a meal.

## ingredients

### Salad

- 6-8 cups baby spinach
- 1-2 cups strawberries, sliced
- 1 avocado, sliced or diced
- 1/2 small onion, thinly sliced

### Dressing

- 1/3 cup oil
- 1/4 cup apple cider vinegar
- 2 T lemon juice
- 1 T Dijon mustard
- salt and pepper - to taste

## directions

01

Toss all salad ingredients in a bowl. (It's OK if you have more or less of the salad ingredients.)

02

Whisk together ingredients to make salad dressing.

03

Add salad dressing just before serving and toss gently.

Variations: Try sliced apples or pears instead of strawberries. Add toasted nuts. Sprinkle with feta cheese.

Makes 4 servings

Nutrition notes: The healthy fats in avocado improve lutein absorption. The Vitamin C in strawberries boost iron absorption from spinach.



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