



Featured Recipe

Olson Women's Health Resource Center
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Spinach Strawberry Salad with Balsamic Poppy Seed Dressing

This is my favorite salad because it is tasty and good for you. Spinach, which is sometimes referred to as a super food, has several health benefits including it is high in fiber, antioxidants and it also contains a lot of vitamins and minerals. Pecans are a good source of potassium, calcium and magnesium. Strawberries, which are one of the lower carbohydrate fruits also are high in antioxidants and are a great source of vitamin C. Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS

For the Strawberry Spinach Salad

- ¾ cup raw pecans
- ½ small red onion very thinly sliced
- 10 ounces fresh baby spinach
- 1 quart strawberries hulled and quartered
- ¾ cup crumbled feta cheese

For the Poppy Seed Dressing

- ¼ cup balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons poppy seeds
- 1 ½ tablespoons honey
- ½ teaspoon Dijon mustard
- ½ teaspoon kosher salt
- 1/8 teaspoon black pepper

INSTRUCTIONS

1. **Toasting the pecans:** Preheat the oven to 350° F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant, and the center of a pecan is tan, when the pecan is broken in half. Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let them sit while you prepare the rest of the salad.
3. **Preparing the dressing:** In a small mixing bowl or large liquid measuring cup, whisk together all of the dressing ingredients; vinegar, oil, poppy seeds, honey mustard, salt and pepper, until well combined.
4. **Assembling the salad:** Place the spinach in a large serving bowl; add the strawberries. Drain the red onion and add it too. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.
5. **NOTE:** You can also use 50/50 arugula and spinach blend. Buy the block-style feta, not pre-crumbled; the texture is much better. Dress the salad shortly before serving. You can store undressed salad in the refrigerator for up to four days. Refrigerate leftover dressing in an airtight container for up to five days, shake before serving.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

NUTRITION

Calories: 249 Cal

Servings: 6

Fat: 20g

Protein: 6g

Fiber: 4g

Carbohydrates: 16g

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

