

Salad

Spinach and Strawberry Salad

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Servings: 4

Start to Finish Time: 15 minutes

2 tablespoons butter

1/3 cup slivered almonds

1 bag baby spinach, washed and patted dry

1 mango, cut into cubes

1 cup strawberries, sliced

1/2 cup balsamic vinaigrette

In a small saute' pan, melt the butter.

Add the almonds and saute' until golden brown. Drain on paper towels.

In a large bowl, combine the spinach, mango, strawberries and almonds.

Toss with the vinaigrette to taste and serve immediately.

Per Serving (excluding unknown items): 166 Calories; 12g Fat (62.5% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 2 Fat.