



Strawberry Spinach Avocado Salad

Ingredients:

6 cups fresh baby spinach.

1-pint strawberries, hulled and sliced.

2 avocados, peeled, pitted, and diced (or you can use 3 if they are small)

4 ounces crumbled goat cheese (omit for dairy-free)

1/3 cup sliced toasted almonds, chopped pecans, or pistachios

2 green onions sliced with green ends

Optional add-ins: Chopped mint, basil, or uncured bacon pieces



Directions:

Toss all ingredients together except goat cheese and nuts. (sprinkle those over top). Serve drizzled with the lemon vinaigrette or your favorite "healthy" bottled dressing. I like Primal Kitchen Lemon Turmeric

Simple Lemon Vinaigrette

1-teaspoon finely grated lemon zest

¼ cup freshly squeezed lemon juice

2 teaspoons honey or maple syrup

1/3-cup extra-virgin olive oil

Freshly ground black pepper and salt to taste

Add ingredients to a small jar and shake vigorously to combine.

Taste and adjust seasonings as needed