



Seasonal Spring Salad

Ingredients:

- 3 cups spinach
- 3 cups arugula
- 1 cup strawberries, sliced
- ½ cup walnuts
- ¼ cup feta cheese
- 2 TBSP olive oil
- 3 TBSP lemon juice
- 2 tsp honey
- 2 tsp dijon mustard

Directions:

1. Wash fruits and vegetables; Slice strawberries using a cutting board
2. Add greens to a large bowl with walnuts, strawberries, and feta
3. Prepare dressing in a separate bowl; Add olive oil, lemon juice, honey, and dijon; Mix until well combined
4. Add dressing to salad; Toss to coat; Serve
5. Enjoy!

Cookware needed:

- Cutting board
- Large bowl
- Small bowl
- Whisk or spoon

Cost: \$ \$ Ease: 

Arugula and spinach are rich in fiber which helps maintain bowel health and keeps us fuller for longer. Strawberries are a great source of antioxidants which fights stress within the body. Feta cheese contains protein and calcium to support strong and healthy bones. It is also lower in calories than many cheeses, making it a smart choice for weight control.