

Salad

Spinach, Strawberry, Pecan Salad

**Gluten-Free, vegan*

Summertime screams salads! Enjoy this salad to complement some grilled white fish. Switch up the fruit as you see fit.

You'll Need

Salad

- Spinach
- Sliced strawberries

Nuts

- 1 cup sliced, whole or coarsely chopped pecans
- 3 tablespoons sugar

Dressing

- 1/3 cup olive oil
- 2 tablespoons rice vinegar
- Poppy seeds (optional)



Directions

- Stir the sugar, in a large skillet over medium heat until the sugar melts approximately 3 minutes.
- Then mix in the pecans and stir until the syrup evenly coats the nuts.
- Next place the nuts on a piece of parchment paper or foil to cool and with a knife separate the nuts.
- Then mix all ingredients for dressing in a bowl.

To prepare the salad plate some spinach topped with strawberries and candied nuts. Then add a drizzle of dressing

Note

These nuts can also be stored in an airtight container for up to one month.

Play with Your Food

- Try a different nut
- Use brown sugar instead of white sugar
- Add other vegetables of choice
- Do not candy nuts and just serve salad with toasted nuts.
- Choose a different fruit.

Medwell Kitchen Tested