

Strawberry Salad with Honey Lime Vinaigrette

This great, seasonal salad is light and refreshing. The sweetness of the strawberries mixed with the honey lime vinaigrette make a tasty salad for any occasion.

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| YIELD 4 SERVINGS | PREP TIME 15 MIN | TOTAL TIME 15 MIN |
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INGREDIENTS

For the Vinaigrette:

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|----------|--|
| 2 Tbsp | Lime Juice (about 1 lime) |
| 1 Tbsp | Red Wine Vinegar |
| 1 Tbsp | Honey |
| 1 tsp | Dijon Mustard |
| 1 Tbsp | Basil, fresh, chiffonade (sliced into ribbons) |
| 2 Tbsp | Extra Virgin Olive Oil |
| To taste | Black Pepper, ground |
| 2 Tbsp | Poppy Seeds |

For the Salad:

| | |
|--------|--|
| 6 cups | Mixed Greens or Spinach, washed, dried |
| 1 cup | Strawberries |
| ¼ each | Red Onion, thinly sliced |
| 2 Tbsp | Parmesan Cheese, grated |

CHEF'S NOTES

Feel free to substitute the strawberry for other seasonal fruits or berries. You can even include multiple types of fruit if desired!

DIRECTIONS

For the Vinaigrette:

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a container with a lid (such as a jar) combine the lime juice, vinegar, honey, mustard, basil, olive oil, black pepper, and poppy seeds. Shake well to combine and leave the dressing on the side until serving.

For the Salad:

3. Wash and dry greens, place in a large bowl.
4. Toss the greens with the strawberries, red onions, and parmesan cheese.
5. Right before serving, toss salad with the vinaigrette.
6. Refrigerate any extra dressing for up to one week. Shake well before each use.

Nutrition Facts

4 servings per container

Serving 2 cups Salad & 2 Tablespoons

Size Dressing (195 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 9g 12%

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 14g 5%

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 90mg 7%

Iron 0.61mg 3%

Potassium 98mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Strawberry Salad with Honey Lime Vinaigrette", (10/10/19)



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