

Strawberry-Blueberry Spinach Salad by Lynn's Recipes



A great salad for the Spring and Summer. Candied pecans, avocado, and feta cheese make it even more delicious. Adapted from The Slow Roasted Italian.

Ingredients:

Candied Pecans:

- 1 Tablespoon butter
- 1 Tablespoon packed light brown sugar
- ½ cup pecan halves
- Pinch of salt

Dressing:

- 2 Tablespoons granulated sugar
- ¼ cup extra virgin olive oil
- ¼ cup white wine vinegar
- 1 Tablespoon Dijon mustard
- 2 garlic cloves, pressed
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika

Salad:

- 10 ounces fresh baby spinach
- ¼ small red onion, sliced

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- 1 quart fresh strawberries, hulled and quartered
- ½ cup fresh blueberries
- ½ avocado, cut into bite sized pieces
- ½ (5 ounce) pkg. feta crumbles

In a small skillet over medium heat, melt the butter. Add the pecans, sugar and salt. Stir until the pecans are well coated. Stir until the sugar caramelizes, about 3-5 minutes. Spread over a piece of wax paper or parchment paper to cool, separating pecans.

In a measuring cup, combine the dressing ingredients and whisk to combine.

In a large bowl, combine the spinach onions, strawberries and blueberries. Pour about ½ of the dressing over the salad and toss, whisking again if the dressing has separated before pouring over the salad. Top with the avocado, feta cheese and candied pecans. Serve the remaining dressing on the side.

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Lynn's Recipes | April 2017
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