

Spinach Salad with Berries and Feta

by Maria Morera Johnson

Salad:

16 cups fresh romaine, baby spinach, or mixed greens
2 cups sliced fresh strawberries
Optional: blueberries or dried cranberries

Protein:

2-3 hard-boiled eggs, sliced or quartered
½ cup crumbled feta or goat cheese (I prefer shaved Parmesan)
¼ cup roasted sunflower seeds (or pepitas)
½ cup chopped walnuts (toasted or candied, optional)
¼ avocado, sliced (optional)

Vegetables:

¼ red onion, thinly sliced or diced
½ cucumber, thinly sliced or diced
¼ cup shredded carrots
Other veggies such as bell peppers, beets, or asparagus, too! Make it your own!

Dressing:

Balsamic vinaigrette (I use a store-bought blueberry or regular)

NOTE: A grilled, flaky, mild fish is a terrific accompaniment. I drizzle some of the balsamic vinaigrette over the fish, too! Bon appetit!



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