

# Spinach and Strawberry Salad with Honey Dijon Vinaigrette

This salad will please palates of all ages! The base of the vinaigrette is Greek yogurt which provides a creamy flavor with added nutritional benefit. Whole grain crotons pack a wonderful crunch. Simply add a sustainable, lean protein to complete this entrée salad!

## Goals of the Class

1. Learn the fundamental ingredients and culinary techniques involved in making a classic vinaigrette.
2. Discover how making homemade vinaigrettes will help control your sodium and calorie intake.
3. Understand the nutritional benefits of fruits, vegetables, whole grains, and lean protein.

## Nutrition Spotlight

Calorie for calorie, **green leafy vegetables like spinach** provide more nutrients than any other food. This leafy green is an excellent source of vitamin K, vitamin A, magnesium, folate, manganese, iron, calcium, vitamin C, vitamin B2, potassium, and vitamin B6.

**Strawberries** offer a variety of antioxidants, anti-inflammatory compounds, and fiber. They are also an excellent source of vitamin C (an immune boosting vitamin), providing 141% of the recommended daily allowance (RDA) per cup.

**Whole grain foods** are a **great source of fiber** which can help to reduce cholesterol, stabilize blood sugar and reduce your risk of heart disease and aid in maintaining a healthy weight.

**Greek Yogurt** is naturally rich in **protein and calcium**. As a probiotic it will benefit your health by stimulating your immune system and promoting intestinal health.

**Homemade dressings- You are the chef!** Learn what ingredient substitutions/replacements can be made to a recipe to reduce the sodium and calorie content.

## Key Techniques & Helpful Hints

1. Making homemade dressings is a great skill to add to your culinary toolkit. The Dijon mustard is a key ingredient in vinaigrette making because it is the emulsifying agent- it enables all the ingredients to become one.
2. Dressings without yogurt can easily be made by adding all ingredients into a mason jar and shaken! For yogurt based dressings, use a bowl with a whisk to ensure the yogurt gets fully incorporated into the dressing.
3. **Try making this quick vinaigrette in bulk** to have on hand for quick and easy lunches, or as marinade for favorite grilled vegetables. Follow this as a guide if making a larger batch: 1/4 cup rice wine vinegar, 1/2 cup honey, 1/2 cup of Greek Yogurt, and 3 tablespoons Dijon mustard.
4. Depending what greens are in season and on hand try making with combination of spinach, arugula, and your favorite lettuce.

# RECIPE

## Spinach and Strawberry Salad with Honey Dijon Vinaigrette

4 servings

### Ingredients

#### For the Whole Wheat Croutons:

- 1-1/2 cups diced whole wheat bread
- 1 tablespoon granulated garlic
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped basil
- 1 tablespoon fresh chopped oregano
- 2 teaspoons fresh lemon zest
- 2 tablespoons canola oil

#### For the Honey Dijon Vinaigrette:

- 1 tablespoon rice wine vinegar
- 2 tablespoons honey
- 2 tablespoons plain Greek yogurt
- 2 teaspoons Dijon mustard

#### For the Salad:

- 8 cups cleaned, trimmed and dried spinach packed
- 1 cup sliced strawberries, thick slices about 1/4 inch
- 1/4 cup toasted sunflower seeds
- 1 small red onion thinly sliced
- 1 cup sliced mushrooms

#### For the Salmon (optional):

- 24 ounce fresh salmon fillet
- 1 teaspoon extra virgin olive oil
- 1 teaspoon salt free 17 seasoning

### Directions

- For the Whole Wheat Croutons:** Preheat oven to 375°. In a mixing bowl, combine all ingredients, toss to coat evenly. Bake in preheated oven for 8-10 minutes or until golden brown. Remove from oven and let cool. Store extra croutons in airtight container for up to a month in cool dry place.
- For the Honey Dijon Vinaigrette:** In separate bowl, whisk together vinegar, honey, plain Greek yogurt, and Dijon mustard. Refrigerate until ready to use.
- For the Salad:** Place spinach in a large mixing bowl. Add strawberries, sunflower seeds and onion. Pour the dressing over the spinach and toss lightly. Arrange the spinach in the bottom of a cold salad bowl. Garnish with mushrooms and 2 tablespoons whole wheat croutons.

**To make an entrée salad:** Top each salad with a 4 oz. portion of salmon! Salmon is an excellent source of lean protein and Omega-3 fatty acids! Salmon is also a sustainable fish! By choosing Salmon, you are helping the longevity of it's species and benefiting your health!

**For the Salmon:** Lightly brush the salmon with olive oil. Season the salmon with the 17 spice before grilling. Grill the salmon skinless side down first (skin side up), each side should be firm and opaque with grill marks. Internal temperature should be 145F. When the salmon is cooked, remove from the cooking surface and place on to a sheet tray and place into the refrigerator until ready to use.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
225	12	2	26	7	4	174