



Strawberry Mango Spinach Salad

6 servings**15 minutes**

Ingredients

8 cups Baby Spinach (8 cups = about 8 ozs)
1 cup Strawberries (sliced)
1 Mango (cubed)
6 stalks Green Onion (sliced)
4 ozs Mozzarella Cheese (cut into cubes)
1/3 cup Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
1 tbsp Sugar

Nutrition

Amount per serving	
Calories	226
Fat	16g
Saturated	4g
Trans	0g
Carbs	16g
Fiber	2g
Sugar	13g
Protein	5g
Cholesterol	17mg
Sodium	98mg
Vitamin A	4975IU
Vitamin C	47mg
Calcium	127mg
Iron	1mg

Directions

- 1 Roughly chop spinach, slice strawberries, cube mango, slice onion, and cut cheese into 1/4-inch cubes. Add all to a large serving bowl and toss to combine.
- 2 In a separate small bowl or jar, whisk together oil, vinegar, and sugar.
- 3 Add dressing to salad immediately before serving and toss to combine.

Notes

Total Time: 15 min: Prep time: 15 min // Cook time: 0 min

Serving Size: 2 cups

Pro Tip: Add freshly minced mint leaves to dressing for a refreshing twist on this simple dressing.

Cooking Equipment: Cutting board // Chef's knife // Paring knife // Large serving bowl // Small bowl // Whisk

Leftovers: Store salad separate from dressing. Refrigerate up to 1 week.

Coarsely chop spinach: stack spinach leaves into a pile and using chef's knife cut roughly into uneven bite-sized pieces.

Slice strawberries: using a paring knife, hold berry in hand with knife with berry between thumb and knife blade: place thumb against berry to hold it in place; hold knife with fingers, blade against strawberry stem. Bring the knife towards thumb to remove stem, then slice.

Cut mango from pit: Using a paring knife, cut mango lengthwise in halves off the pit (leaving some mango flesh still on the pit): draw knife down flat side of pit to remove flesh. Peel remaining mango still on pit and cut off into small squares to use, as well.

Cut mango into cubes: Lay mango on cutting board with skin-side down. Use paring knife to cut flesh into 1/4-inch squares, but don't cut through peel. Turn mango half inside-out (flesh is on outside and skin is on inside). Cut along skin of mango to cut off squares.

Slice green onion: Trim roots and tough green tops from onion (okay to use most of greens). Slice into small round pieces, including tender parts of the green tops.