

Centered Nutrition

Spinach Salad with Strawberries, Pecans, and Chevre Croutons

Spinach is full of iron that helps to carry oxygen to our muscles. The combination of vitamin-C rich strawberries with the spinach allows for the iron to be better absorbed by our bodies. This salad not only looks beautiful but also delights the taste buds.



Prep time:

20 minutes

Salad:

6 cups fresh baby spinach or 4 cups spinach and 2 cups leaf lettuce
½ cup raw or toasted pecans, whole or pieces (for toasting, see below)
½ cup sliced strawberries (or more if you like)
Thinly sliced red onion rings, enough to sprinkle on top of the salad to taste

Chevre Croutons:

6 thinly sliced French baguette, toasted
Olive oil
Chevre des Alpes

Sesame Dressing:

2 tbsp lemon juice
1 tbsp white vinegar
2 tbsp Dijon mustard
2 small garlic cloves, minced
2 tbsp mayonnaise
2 tbsp sesame oil
2 tbsp olive oil
Salt and pepper to taste

To toast pecans, spread them on a cookie sheet and roast at 350F for 6 minutes, remove and turn pecans and roast another few minutes until the nuts are browned and fragrant. Do not burn nuts or they will be bitter. Remove from oven and let cool.

To make dressing, put all ingredients in a small bowl or bottle and whisk or shake bottle to combine well. Season with salt and pepper to taste. Set aside.

Put spinach into a large mixing bowl. Pour some of the dressing on the spinach and toss to coat. The dressing should just coat the leaves. Put spinach on large dinner plates and then scatter the strawberries and pecans on top finishing with some of the red onion slices. Pour a little bit more dressing on the salad if desired.

To make the chevre croutons, brush the toasted baguette slices with some olive oil and then spread some chevre on each slice. Place 2 or 3 chevre croutons on each plate. This salad serves 2 as a main course and can be garnished with sliced roast chicken or turkey breast.



Justine Freund

An avid runner, triathlete, and ex-chef, Justine constantly experiments and creates dishes that not only look and taste great, but also complement an active lifestyle. She also strongly advocates the use of local produce and believes that the way in which food is prepared contributes directly to our overall health and well-being.