

Berry Spinach Salad

Recipe by: Dan Palmer, Culinary Services Director, University House Wallingford
Approximately 2-4 servings

INGREDIENTS

6 cups baby spinach
1 cup strawberries halved
1/2 cup raspberries
1/2 cup blueberries
1/3 cup goat cheese, crumbled
1/3 cup red onion, thinly sliced
1/4 cup pecans, roughly chopped
1/2 recipe Raspberry Vinaigrette dressing (recipe on second page)

Add protein! Recommended: chicken, fish, or tofu.

PREPARATION

Step 1

Slice the strawberries, onion, and pecans. Add all ingredients except the dressing to a large bowl and toss together.

Step 2

Serve the salad with the raspberry vinaigrette dressing, added or tossed as desired.

Raspberry Vinaigrette for Berry Spinach Salad

INGREDIENTS

1 ½ cups raspberries (fresh preferred, or if frozen, fully thawed)
½ cup extra virgin olive oil or a light, neutral oil (like pure olive oil or grapeseed oil)
3 Tbsp. red wine vinegar
1 Tbsp. freshly squeezed lemon juice
1 Tbsp. honey, with 1 additional Tbsp. to taste, depending on sweetness of berries
¼ tsp. garlic powder
¼ tsp. salt, with additional 1/8–1/4 tsp. to taste
Freshly ground black pepper to taste

PREPARATION

Step 1

Add all ingredients to mini food processor (or full-sized food processor or blender). For the ingredients with more to taste, use the minimal amount to start. Process for 1 minute or until all ingredients are smooth and fully pureed.

Step 2

Taste and adjust honey and/or salt, if necessary. For salt, taste and add an additional 1/8 teaspoon at a time until the flavors pop.

Step 3

If preferred, strain vinaigrette through a fine mesh sieve (optional). Serve immediately or store in a tightly sealed container in the refrigerator for up to 10 days.

Note

White wine vinegar, champagne vinegar, or even raspberry vinegar may be substituted for the red wine vinegar.