

RED WHITE & BLUEBERRY SALAD

Difficulty: Intermediate

Prep Time: 20 min | **Serves:** 6-8

Ingredients

- 1 package of spinach or spring mix lettuce
- 1 cup blueberries
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1 cup halved strawberries

Vinaigrette Ingredients

- 2 teaspoons water
- 1/2 tablespoon honey



- 1/4 cup candied walnuts
- 1/2 cup Feta cheese crumbles
- 1/2 a red onion

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt to taste

Instructions

Begin by washing all your produce and patting it dry with a few paper towels. In a large salad bowl, mix the bag of spinach, halved strawberries, raspberries, blackberries and blueberries. Set this aside and move on to the dressing.

For the Strawberry Balsamic Vinaigrette dressing. In a small skillet, add your two cups of chopped strawberries, water, honey, and salt. On medium high heat, let the mixture simmer for about 8 minutes, or until the strawberries have cooked down. Remove the pan from the heat and let it cool to room temperature. Once cooled, place the strawberry mixture from the pan into a food processor and with the processor running, slowly and steadily add the olive oil and balsamic vinegar to the mix until it has a creamy consistency.

Once the dressing is complete, toss the salad and dressing. The final touch is to add the candied walnuts and Feta cheese crumbles.