

Pecan, Blueberry and Spinach Salad

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1½ serve per portion

Ingredients

Salad

4 cups fresh spinach

½ cup pecans, chopped

½ cup dried cranberries

½ cup feta cheese, reduced fat

½ cup fresh blueberries

Honey Balsamic Dressing

2 tablespoons olive oil

1 tablespoon water

2 tablespoons honey

2 tablespoons balsamic vinegar

Method

TOSS salad ingredients together.

COMBINE all dressing ingredients together in a small bowl or jar.

DRIZZLE dressing over salad and serve.



Everyday Food

Recipe courtesy of the Country Kitchens team