



# STRAWBERRY, APPLE AND PEAR SPINACH SALAD

**PREP TIME:** 15 minutes **SERVINGS:** 4-6

### INGREDIENTS

**Salad:**

- 4 cups spinach
- 1 cup strawberries, sliced
- 1 apple, sliced
- 1 pear, sliced

**Apple Cider Poppy Seed Dressing:**

- ½ cup apple cider
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 teaspoon poppy seeds
- ¼ cup feta cheese
- ¼ cup chopped pecans

### INSTRUCTIONS

In a large bowl, combine spinach, strawberries, apple and pear.

In a small bowl, whisk together the apple cider, olive oil, honey and poppy seeds. Pour over salad and toss.

Top with feta cheese and chopped pecans.

### NUTRITION INFORMATION

Medium pear contains: 100 calories; 5 g fiber; 0 fat; 0 protein; 25 g carbs; vitamin C, potassium, trace of copper.

Source: Recipe by Alyssa Rivers, The Recipe Critic