



# Spinach, Berry and Parmesan Salad

**Yield: 6 servings**

## Ingredients

### For Vinaigrette

- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

### For Salad

- 4 cups baby spinach
- 1 pint blueberries; or other seasonal berries
- ¼ cup shredded Parmesan cheese
- 2 tablespoon chopped walnuts

## Instructions

### For Dressing:

1. In a small container with a lid (such as a jar), combine all ingredients. Shake well to combine.
2. Refrigerate and use as needed. Shake well before each use.

### For Salad:

1. Put greens in large bowl.
2. Top with berries, Parmesan, and walnuts.
3. Right before serving, toss with ⅓ cup of the red wine vinaigrette.
4. Divide among six plates and enjoy.

Storage instructions for vinaigrette: Store in a sealed jar. Keep up to one week refrigerated.



## Nutrition Information

**Serving Size:** ¾ cup salad

Calories: 88

Total Fat: 5.4 g

Saturated Fat: 1.1 g

Monounsaturated Fat: 2.6 g

Polyunsaturated Fat: 1.4 g

Sodium: 108 mg

Fiber: 1.7 g

Sugars: 5.4 g

Source: Health meets Food

Presented by

**Culinary Medicine**

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