



Strawberry Spinach Salad Recipe Easy Healthy Dish

My Favorite Summer Salad

I make this salad all summer long. It is so fresh and colorful. The red strawberries and green spinach look so pretty together. It always makes me feel happy.

My grandson calls it the “fruit confetti” salad. I still laugh at that. It is a healthy dish that tastes like a treat. What is your favorite colorful food to eat in the summer.

A Little Story About Berries

I once brought this salad to a friend’s party. Everyone asked for the

recipe. They could not believe something so simple was so good.

Now my friend makes it every year for her garden party. It is important to share good food with good people. It makes our connections stronger.

Why This Salad is So Good For You

All those greens and berries are full of good things. They help your body stay strong. Eating colorful foods is an easy way to care for yourself.

Fun fact: Spinach helps your eyes stay healthy! This matters because taking small steps to eat well adds up. It helps you feel your best every day.

Let's Talk About the Crunch

The best part is the candied pecans. They give you a sweet, crunchy surprise. It is like finding a little treasure in your bowl.

Doesn't that sound fun? The creamy avocado and tangy feta are perfect with them. Do you like nuts in your salad, or would you leave them out?

A Tip From My Kitchen

Always wash your greens and berries well. Pat them dry with a clean towel. A wet salad will make the dressing watery.

I add the avocado and dressing right before serving. This keeps everything fresh and bright. What is your best kitchen tip for keeping food fresh?

See also [Spaghetti Casserole Recipe](#)



Strawberry Spinach Salad Recipe Easy Healthy Dish

Ingredients:

Ingredient	Amount	Notes
Fresh baby spinach	5 ounces	Rinsed and patted dry
Candied pecans	1 cup	
Strawberries	1 quart	Rinsed, dried, and halved or quartered, stems removed
Fresh blueberries	1 cup	Rinsed
Avocados	2	Diced
Feta cheese	½ cup	Crumbled
Vinaigrette	½ cup	More or less to taste

Let's Make a Strawberry Spinach Salad

First, find your biggest, prettiest salad bowl. I love my old yellow one. It has seen so many family meals. Now, toss in your fresh spinach. Add those sweet, crunchy pecans. They are my favorite part. Next, drop in the strawberries and blueberries. Their colors make me so happy. It looks like a summer garden in a bowl. Gently mix in the avocado and feta cheese. You want them to stay pretty. I learned this the hard way. (Hard-learned tip: Add the avocado last to keep it from turning mushy!). My grandson once mashed it all together. We still laugh at that. The cheese adds a nice salty bite. Finally, drizzle your dressing over everything. Start with just a little bit. You can always add more. Toss it all together very gently. Doesn't that smell amazing? Now it is ready to eat. Serve it right away for the best crunch. **What's your favorite salad topping? Share below!** **Prep Time:** 15 minutes **Total Time:** 15 minutes **Yield:** 6 servings **Category:** Salad, Side Dish

Three Tasty Twists to Try

Let's play with this recipe a little. You can make it new every time. I love trying different things. **Make it sweeter with apple slices and a honey dressing.** It tastes like a dessert salad. The kids will love this one. **Make it savory with grilled chicken and a balsamic glaze.** This turns it into a full meal. Perfect for a summer dinner outside. **Make it creamy with goat cheese and toasted walnuts.** This is my fancy version for guests. It feels very special. **Which one would you try first? Comment below!**

See also [Maple Pear Tarte Tatin](#)

How to Serve Your Beautiful Salad

This salad is a star on its own. But it loves good company too. I like to serve it with a warm piece of crusty bread. It's perfect for soaking up extra dressing. For a bigger meal, add a simple grilled chicken breast. What to drink with it? For a fancy night, a glass of chilled rosé wine is lovely. For everyday, I love sparkling water with a squeeze of lemon. It's so refreshing. **Which would you choose tonight?**



Strawberry Spinach Salad Recipe Easy Healthy Dish

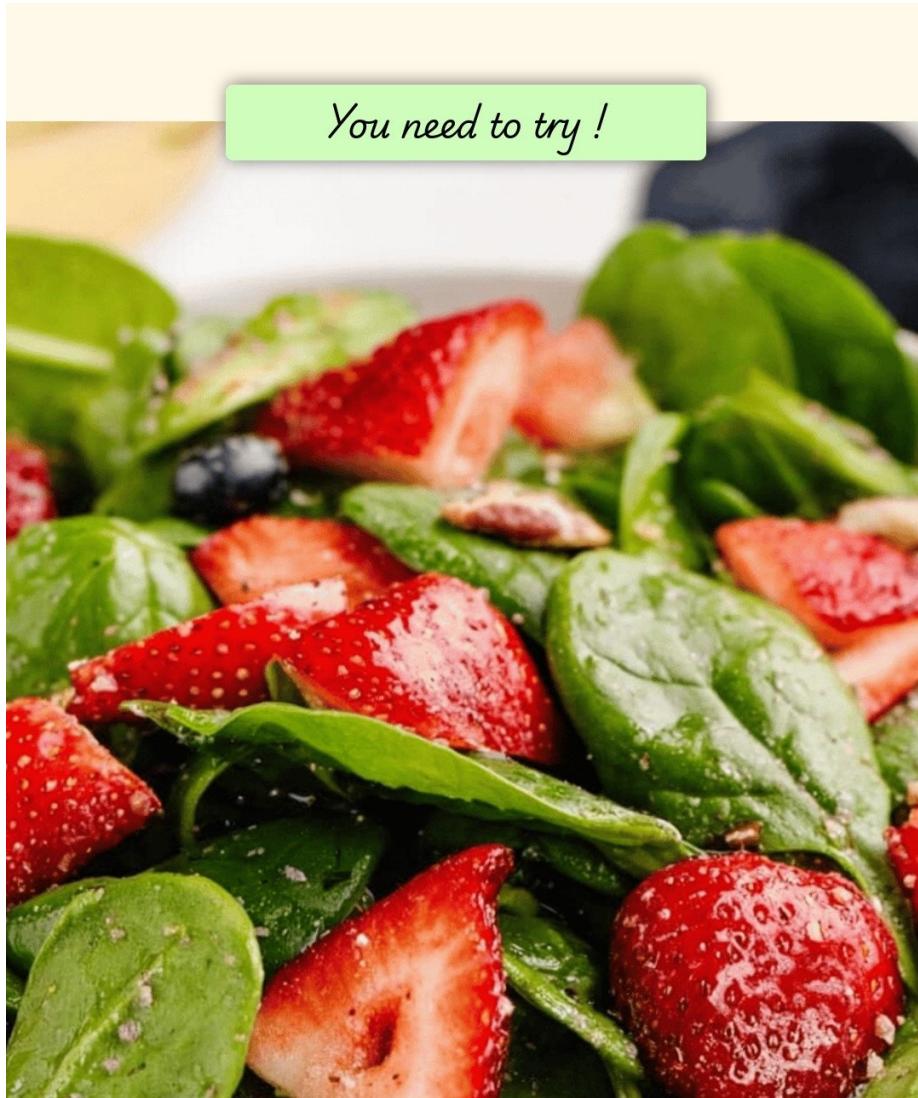
Keeping Your Salad Fresh and Bright This salad is best eaten right away. But sometimes you have leftovers. Place them in a tight-lidded container. Keep it in the fridge for up to one day. The avocado might brown a little. A squeeze of lemon juice helps. I remember my first time making this for a picnic. I packed the dressing separately. It kept everything wonderfully crisp. Batch cooking is a lifesaver for busy weeks. You can wash and chop the fruits early. Store each part in its own container. This makes throwing dinner together so simple. It matters because it saves you time and stress. Have you ever tried storing it this way? Share below! ### Simple Fixes for Common Salad Troubles Sometimes salads can get soggy. The fix is easy. Always add the dressing right before you eat. This keeps the spinach perky and fresh. Your berries might be too tart. A tiny drizzle of honey over them helps. I once used very sour strawberries. A little honey made the whole salad sing. The pecans might lose their crunch. If they get soft, toast them in a dry pan. This brings back their wonderful snap. Fixing small problems builds your cooking confidence. It also makes your food taste so much better. Which of these problems have you run into before?

See also Tropical Pineapple Slaw

Your Quick Questions Answered **Q: Is this salad gluten-free?** A: Yes, it is naturally gluten-free. Just check your dressing label to be sure. **Q: Can I make any parts ahead?** A: Absolutely! Wash and chop everything hours before. Keep the parts separate in the fridge. **Q: What if I don't have blueberries?** A: No problem. Use raspberries or blackberries instead. It will still be delicious. **Q: Can I double this for a crowd?** A: You sure can. It is a perfect recipe for doubling. Use a very big bowl! **Q: What is a good dressing swap?** A: A simple poppy seed dressing is also lovely here. Which tip will you try first? ### A Note From My Kitchen to Yours I hope you love making this colorful salad. It always brings a smile to my face. It reminds me of sunny summer days. I would love to see your creation. Share a picture of your beautiful bowl. Have you tried this recipe? Tag us on Pinterest at @ElowensKitchen.



Happy cooking! —Elowen Thorn.



Strawberry Spinach Salad Recipe Easy Healthy Dish

Savorydiscovery.com



Strawberry Spinach Salad Recipe Easy Healthy Dish | 10

Strawberry Spinach Salad Recipe Easy Healthy Dish





Strawberry Spinach Salad Recipe Easy Healthy Dish | 12

[Print Recipe](#)

Strawberry Spinach Salad Recipe Easy Healthy Dish

Author: Elowen Thorn



Strawberry Spinach Salad Recipe Easy Healthy Dish | 14

Cooking Method:[No-Cook](#)



Strawberry Spinach Salad Recipe Easy Healthy Dish | 15

Cuisine:[American](#)



Strawberry Spinach Salad Recipe Easy Healthy Dish | 16

Courses:[Lunch Salad](#)



Strawberry Spinach Salad Recipe Easy Healthy Dish | 17

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **minutes**



Strawberry Spinach Salad Recipe Easy Healthy Dish | 20

Rest time:

Total time: **15 minutes**



Strawberry Spinach Salad Recipe Easy Healthy Dish | 22

Servings: **6 servings**



Strawberry Spinach Salad Recipe Easy Healthy Dish | 23

Calories: **kcal**

Best Season: **Summer**

Description

This strawberry spinach salad combines fresh, vibrant ingredients for a

delicious, healthy dish. It's easy to make and perfect for any meal or occasion.

Ingredients

- 5 ounces fresh baby spinach ((rinsed and patted dry))
- 1 cup candied pecans
- 1 quart strawberries ((rinsed, dried, and halved or quartered, stems removed))
- 1 cup fresh blueberries ((rinsed))
- 2 avocados ((diced))
- ½ cup feta cheese ((crumbled))
- ½ cup vinaigrette ((more or less to taste))

Instructions

1. In a large salad bowl, toss together the spinach, candied pecans, strawberries, and blueberries. Add the avocado and feta cheese.
2. Pour the salad dressing over the ingredients and toss gently to combine. Adjust the dressing to taste.
3. Serve immediately.

Keywords:Strawberry, Spinach, Salad, Healthy, Easy, Lunch