



Healthy Spring Salad Recipes

Blackened Chicken and Strawberry Salad from Cherry on my Sundae

Cantaloupe Salad with Arugula and Prosciutto from Sage Recipes

Strawberry Spring Salad with Lemon Roasted Chickpeas + Lemon

Shallot Dressing from Edible Perspective

Baby Kale Salad with Strawberry and Avocado

from Taste Love and Nourish

Berry Pistachio Spinach Salad with Berry Vinaigrette

from Creme de la Crumb

Produce

- strawberries (2 lbs) (1 lb) (8 large)
- lemon (1/2) (1/4 C + 2 T juice) (1/2)
- spinach (8 C) (6-8 C)
- cantaloupe (4 C cubed)
- arugula (8 C)
- minced shallot (2 t)
- baby greens mix (1 package)
- avocado (1-2) (1/2)
- baby kale (4 C)
- berries (1 1/2 C fresh berries + 3/4 C that can be frozen- for dressing)
- red onion (1/4)

Herbs

- mint (2 T)

Spices

- paprika (1 t)
- oregano (1/2 t)
- cayenne (1/2 t)
- cumin (1/2 t)
- onion powder (1/4 t)
- Italian seasoning (1 t)

Dairy

- feta (8 oz)
- goat cheese (topping)
- blue cheese (or feta) crumbles (1/3 C)

Beans

- chickpeas (1 1/2 C canned)

Meat

- chicken breasts (4)
- prosciutto (4 oz)

Nuts & Dried Fruit

- dried cranberries (1 1/3 C)
- sliced almonds (toasted, garnish) (2 T)
- pistachios, shelled (1/3 C)

Pantry Items

- sugar (2 t)
- balsamic vinegar (1 T)
- olive oil (3 T) (1/4 C) (6 T) (1 T) (2/3 C)
- dijon mustard (1/4 t) (1/4 t)
- white wine vinegar (3 T)
- honey (1 1/2 t) (1/4 t) (2 T)
- apple cider vinegar (1/4 C)