

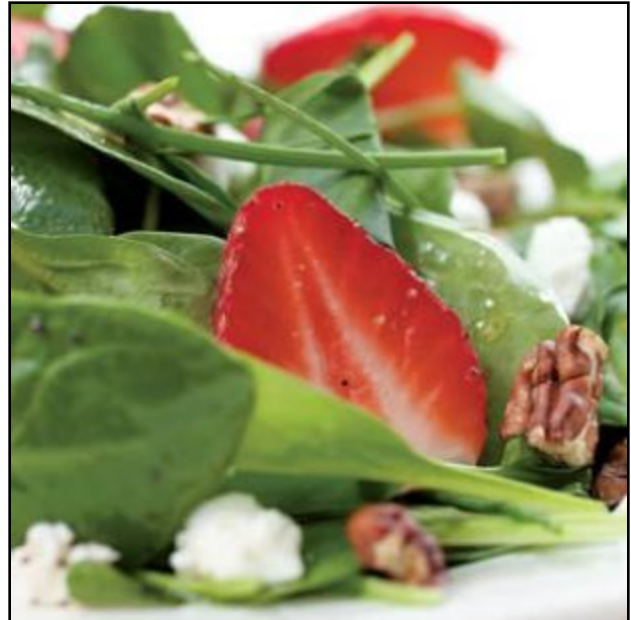
Green Salad with Strawberries & Goat Cheese

This lively salad captures the essence of early summer with ripe strawberries, chives and baby spinach. To make it a meal, top it with grilled chicken breast.

4 servings, about 1 1/2 cups each | Active Time: 20 minutes | **Total Time:** 20 minutes

Ingredients

- 1 tablespoon pure maple syrup , or brown sugar
- 2 tablespoons red-wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper , to taste
- 3 cups baby spinach
- 3 cups watercress, tough stems removed
- 2 1/2 cups sliced fresh strawberries , (about 12 ounces)
- 1/3 cup fresh chives, cut into 2-inch pieces
- 1/2 cup toasted chopped pecans , (see Tip)
- 1/4 cup crumbled goat cheese



Preparation

1. Whisk maple syrup (or brown sugar), vinegar, oil, salt and pepper in a large bowl. Add spinach, watercress, strawberries and chives; toss to coat. Divide the salad among 4 plates and top with pecans and goat cheese.

Nutrition

Per serving : 215 Calories; 17 g Fat; 3 g Sat; 9 g Mono; 4 mg Cholesterol; 15 g Carbohydrates; 5 g Protein; 4 g Fiber; 209 mg Sodium; 454 mg Potassium

Tips & Notes

To toast chopped or sliced nuts, stir constantly in a small dry skillet over medium-low heat until fragrant and lightly browned, 2 to 4 minutes.