



## Spinach Berry Salad

Do you know who said this? "I'm strong to the finish, 'cause I eats me spinach." This phrase is associated with the cartoon character Popeye the Sailor, who famously gained great strength after eating his spinach. It was a way to get kids to want to eat spinach so they'd become big and strong like Popeye.

To this day, I always think of Popeye and that saying whenever I eat spinach.

This nutrient rich salad is a different twist on traditional spinach salad, and is packed with antioxidants, vitamins A, C, K and folate as well as iron calcium, magnesium and potassium as well as prebiotics. With all the healthy nutrients and the beautiful color in this delicious salad, you'll be stronger than Popeye for all those fun summer activities!

### Ingredients

- 6 cups fresh organic baby spinach
- 1 cup sliced organic strawberries
- 1 cup organic blueberries
- ½ thinly sliced organic red onion
- ¼ cup chopped and toasted organic pecans, organic walnuts or sliced organic almonds (it's best to choose just one nut for this recipe)
- 1 sliced organic avocado
- ¼ cup balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp Trader Joes Green Goddess Salad Spice

### Procedure

1. Make the dressing: Combine the vinegar, mustard and spice in a small bowl and whisk it together till it's well combined.
2. Wash spinach by running it under cold water for about a minute then throw it in the salad spinner to remove excess water. Wash all berries by running under cold water approximately a minute or two. Remove the green from the strawberries then slice them. Set aside.
3. Slice red onion in half then cut small slivers from half of the onion. Set aside.
4. Chop pecans (or walnuts) with a hammer in a baggie, or in your food processor with an S blade, pulsing or smashing to desired size.

5. Add your chopped (or sliced) nut of choice to a hot frying pan and toast over medium heat on the stove about 5-7 minutes, until you can smell the nuts. Set aside.
6. Slice avocado in half, remove seed then insert the knife through the avocado to the skin and slice from the inside. Set aside.
7. Assemble salad: Place spinach in a large bowl. Add the strawberries, half of the blueberries and onion and toss slightly to combine. Drizzle the balsamic mustard dressing over the salad mixture and gently toss (so as not to squish the berries). Arrange the sliced avocado however you like on the top of the salad, then sprinkle the remaining blueberries and nuts atop and serve.

This salad is a meal in itself, but it also pairs well with grilled chicken, halibut or a veggie burger. I like serving it at dinner parties because it's not only delicious and healthy, but is also different and guaranteed to please a crowd. It's festive enough for Memorial Day, 4th of July or even Labor Day (it's almost red, white and blue-wink). Popeye would be so proud.

Watch the demo on YouTube [HERE](#).

Bon Appetit!