



# Green Salad with Strawberries

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Recipe Source: Adapted from [www.rachaelray.com](http://www.rachaelray.com)

Serves: 4

## Ingredients:

1 head romaine, green or red leaf lettuce, or a combination, chopped  
1 green apple, diced  
1 avocado, diced  
2 green onions  
1 Tbsp chopped fresh mint (optional)  
¼ cup crumbled feta cheese  
1 lb fresh strawberries, divided  
1 Tbsp balsamic vinegar  
1 Tbsp olive oil  
Salt and black pepper

## Steps:

- In a large mixing bowl, combine lettuce, apple, avocado, green onions, mint, and feta (if using). Set aside.
- Remove 3 large strawberries from the rest of the pound. Set aside.
- Hull and slice remaining strawberries and add to the salad. Toss to combine.
- In a small bowl or liquid measuring cup, mash the 3 strawberries with a fork. Some chunks are okay. Add vinegar, and drizzle olive oil in a steady stream into the mixture, whisking constantly to emulsify dressing. Add a dash of salt and black pepper.
- If serving immediately, drizzle dressing over salad and toss to combine. Transfer to a serving bowl. If serving later, cover salad, and store in the refrigerator. Add dressing only when ready to serve.

*Tips from the Test Kitchen: You can also combine lettuce and spinach for variety. Play around with the fruits and vegetable in this salad. Shredded carrots, fresh shelled peas, shredded purple cabbage, sliced grapes, or cucumber are a few suggestions. Instead of the avocado, you could add slivered almonds or chopped walnuts for healthy fat.*

**Nutritional Facts (Per Serving):** Calories: 115, Carbohydrates: 24 grams, Protein: 4 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 98 mg, Fiber: 8 grams, Total Sugars: 14 grams.