

Tropical Spinach Salad



Ingredients

4-5 cups fresh baby spinach	1/8 cup vinegar
1/2 cup strawberries, chopped	1 Tbsp lime juice
1/2 cup pineapple, chopped	1 Tbsp honey
1 avocado, cubed	
1/4 red onion, sliced	
1/8 cup pecans, chopped	
1/8 cup olive oil	

Instructions

Layer ingredients in medium salad bowl; spinach, strawberries, pineapple, avocado, onion, and pecans. Combine olive oil, vinegar, lime juice and honey in a small container with a lid; shake well. Top salad with sweet lime vinaigrette.

Nutrition Information Per Serving

Serving Size: 1 cup
Serves 6
Calories: 130
Fat: 10 gm
Sodium: 32 mg
Fiber: 4 gm
Carbohydrates: 11 gm
Protein: 2 gm
Sugar: 6 gm