

Healthy Children, Healthy Family

Spinach Berry Salad



Makes: 10 servings of 1 cup each

Preparation time: 20 minutes

Ingredients:

8 cups of spinach leaves, washed and torn into pieces

8 strawberries, sliced

1 cup of fresh parsley

¼ cup almonds or walnuts, sliced and toasted

½ cup goat cheese (panela or fresh cheese)

4 Tbsp vinegar

½ tsp brown sugar

Instructions:

1) Put a frying pan on low heat and add the vinegar.

2) Bring vinegar to a boil and add sugar. Heat until it thickens.

3) Mix the spinach with the vinegar. Top with strawberries, cheese, and nuts. Serve.



Nutrition Facts

Serving Size (49g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 25% • Vitamin C 30%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to
