



Spinach, Walnut & Goat Cheese Salad with Raspberry Vinaigrette

Yield: 6 servings | Prep Time: 10-15 minutes

INGREDIENTS:

Dressing:

1 cup fresh raspberries*
Zest and juice of ½ orange* (about ¼ cup)
¼ cup extra virgin olive oil*
1 Tbsp red wine vinegar
1 Tbsp honey or sugar
1 tsp Dijon mustard
¼ tsp kosher or sea salt

Salad:

½ cup chopped walnuts*
5 cups fresh baby spinach*
½ cup mandarin oranges, drained*
¼ cup crumbled goat cheese

INSTRUCTIONS:

1. To make the dressing, in the bowl of a blender or food processor, combine the raspberries, orange zest and juice, olive oil, vinegar, honey, mustard and salt. Puree until smooth. Taste and adjust seasoning, if necessary.
2. To make the salad, heat a small saute pan or skillet over medium-low heat. Add the walnuts to the dry skillet and toast for about 60 seconds, tossing frequently, until lightly browned. Set aside to cool.
3. Build the salads in bowls with spinach, oranges, goat cheese, and toasted walnuts. Drizzle with raspberry dressing.
4. The raspberry dressing can be prepped in advance and stored in a separate airtight container for up to 3 days in the refrigerator. The spinach salad can be prepped in advance and stored in airtight containers for up to 3 days in the refrigerator. Drizzle the salad with dressing just before serving.

SUBSTITUTION/VARIATION TIPS:

Omit the goat cheese for a dairy-free salad.

Swap in maple syrup or sugar instead of honey for a vegan salad.

Try a mix of chopped kale*, Swiss chard*, and mustard green*s rather than spinach*.

**MIND Diet specific ingredient*

NUTRITION INFORMATION PER SERVING:

195 Calories | 17g Total Fat | 3g Saturated Fat | 2mg Cholesterol
94mg Sodium | 10g Carbohydrate | 3g Fiber | 4g Protein | 6g Sugar