

Spinach Broccoli Salad with Strawberries and Grapes

LAURA HORWITZ, UCLA Library, 2012

This salad was specifically designed for people needing a low sodium and low cholesterol heart healthy diet that contains more fruits and vegetables and essential nutrients. The recipe was developed for Laura's Masters' Thesis Project at California State University-Northridge where she is pursuing a degree in nutrition and dietetics.

Ingredients

Salad (serves 4)

- 5 oz spinach, fresh, chopped
- 4 cups broccoli florets, fresh, chopped, or approximately
1 head of broccoli
- $\frac{3}{4}$ cup almonds, dry toasted, unsalted, sliced or slivered
- $\frac{1}{4}$ cup reduced sugar raisins or cranberries (or 50%
lower sugar)
- 1 cup grapes, seedless, red, fresh, sliced
- 1 cup strawberries, sliced



Dressing (serves 1)

- 1 tsp raspberry vinaigrette salad dressing (or dressing of your choice)
- 1 tsp extra virgin olive oil
- 1 tsp apple cider vinegar
- 1 tsp lemon juice

Directions

In a large mixing bowl, break spinach leaves into smaller pieces. Cut or break broccoli into small bite size pieces. Add sliced grapes and sliced strawberries. Then add raisins or cranberries and sliced almonds and toss the salad.

Mix together the ingredients for dressing using a small wire whisk or combine in a small lidded mixing cup and shake well. Portion out serving of salad before adding dressing, then add dressing.