



Strawberry Spinach Salad with Vegan Feta

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 15 MINS

INGREDIENTS

Almonds:

- 1 cup raw almonds, roughly chopped
- 2 tsp. olive oil
- 2 tsp. coconut sugar
- 2 tsp. maple syrup
- 1/4 tsp. cinnamon

Salad:

- 1.5 cups edamame
- 2 tsp. olive oil
- 5 oz. raw baby spinach
- 1.5 cups strawberry slices
- 2 tbsp. balsamic vinegar
- 1/2 tsp. sea salt

DIRECTIONS

1. Preheat the oven to 350°F and add raw almonds to a parchment-lined baking sheet.
2. Once the oven is preheated, toast almonds for 8 minutes. Remove from the oven and add remaining ingredients directly to the almonds. Use a spatula to thoroughly combine.
3. Place back in the oven and roast for another 4-6 minutes until golden brown. Set aside to cool.
4. Add 1 tsp. olive oil to a low-medium heat pan and sauté the edamame for 4-6 minutes until cooked. Set aside to cool.
5. Add the spinach, half the strawberries and edamame, balsamic vinegar, olive oil, and sea salt to a salad bowl and toss well to combine.
6. To serve, garnish with the remaining strawberries, edamame, and the roasted almonds.

NUTRITION

Serving size: 2 1/4 cups

(per serving) 350 calories, 24.5g fat, 2.3g saturated fat, 0mg cholesterol, 341.5mg sodium, 22.8g carbohydrate, 8.3g fiber, 10.8g sugar, 15.3g protein