Strawberry Spinach Jar Salad

1 servings

Prep Time: 15 min   Cook Time: 0 min

- 2 T. creamy poppyseed dressing (use recipe provided or buy prepared)
- 2 T. dried cranberries
- 2 T. toasted walnut pieces
- 3/4 c. sliced strawberries
- 1/3 c. diced roasted chicken
- 2 c. spinach
- 1/2 c. plain Greek yogurt
- 1/3 c. cider vinegar
- 1/4 c. honey
- 1 t. onion powder
- 1 t. Dijon mustard
- 1/2 t. sea salt
- 1/3 c. canola or olive oil
- 1 T. poppyseeds

Layer in a wide-mouth mason jar in the order listed. Screw lid on tightly for storage. Can be stored 3-4 days.

For 1 cup dressing: blend Greek yogurt, vinegar, honey, onion powder, mustard, and sea salt on high for 20 seconds. Slowly stream in oil. Add poppyseeds and pulse 3-4 times. Store in air-tight container. Keeps about 1 week in the refrigerator. Shake to combine before serving.

Nutrition Facts per serving

Calories 368, Protein 19 g, Carbohydrate 32 g, Total Fat 20 g, Saturated Fat 3 g, Fiber 6 g, Sugar 23 g, Sodium 198 mg

This recipe is provided by Eat Well, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.