

# 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.