



Makes 10 cups

Preparation Time: 20 minutes

Cook Time: 10 minutes

INGREDIENTS:

3 cups strawberries hulled and halved, divided

3 tablespoons white wine vinegar

2 teaspoons pure cane sugar

1 teaspoon Dijon mustard

1 teaspoon poppy seeds

4 ½-inch slices peeled and cored pineapple

1 6-oz. package fresh baby spinach

1 cup fresh or frozen edamame, cooked according to package directions and cooled

¼ cup fresh chives, cut into ½-inch pieces

¼ cup sliced almonds, toasted

Spinach, Pineapple, and Strawberry Salad

Celebrate spring with this stunning strawberry-centric salad. Fresh strawberries and grilled pineapple supply succulent sweetness, while edamame and almonds add plenty of crunch. An easy strawberry-and-poppy-seed dressing ties it all together.

By Carla Christian, RD, LD

- 1 For the dressing, in a blender or food processor combine 1 cup of the strawberries, the vinegar, the sugar, and the mustard. Cover and blend or process until smooth. Stir in the poppy seeds
- 2 Grill the pineapple, covered, over medium-high 6 to 8 minutes or until grill marks appear, turning once; cool. Cut into bite-size pieces.
- 3 In an extra-large bowl combine the remaining strawberries, the pineapple, the spinach, the edamame, and the chives. Drizzle with dressing; toss. Top with almonds.