



STRAWBERRY FETA SALAD IN A JAR

MAKES 1 SERVING

Ingredients:

- 2 Tbsp balsamic vinaigrette (see recipe handout)
- ½ c of strawberries
- ¼ c of feta
- ¼ c of almonds or walnuts
- 2 handfuls of fresh spinach

Directions:

Place balsamic vinaigrette in the bottom of a mason jar. Add the sliced strawberries, then the nuts and feta. Top with two handfuls of spinach. Close the jar with a lid and refrigerate. When ready to serve, shake the closed jar to blend ingredients.