



# Avocado Strawberry Spinach Salad

Prep Time 5 mins  
Total Time 5 mins  
Meal Type Lunch, Side  
Contributed By LivingPlateRx  
Source From Living Plate  
Servings 4



## Ingredients

- 5 oz spinach
- 8 oz strawberries, *sliced*
- 1 avocado, *diced*
- 1/2 red onion, *sliced*
- 1 Tbs balsamic vinegar
- 2 Tbs olive oil

## Directions

### Prep

1. Cut strawberries, avocado, and red onion.

### Make

1. In a large bowl, toss spinach, strawberries, avocado, and onion; drizzle with balsamic and olive oil.

## Notes

Make this salad your own by adding your own homemade dressing!

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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