



# Chicken Spinach Strawberry Salad with Lemon Honey Vinaigrette

Servings: 4

Prep: 10 minutes  
Cook: 5 minutes  
Ready: 15 minutes

## What you'll need



measuring  
spoons



measuring  
cups



large bowl

## Ingredients

1 ½ lbs. cooked boneless skinless chicken breast, diced

4 cups spinach chopped

¼ cup fresh parsley chopped

1 cup strawberries hulled and chopped

¼ cup lemon juice

1 Tbsp honey, or to taste

⅓ cup olive oil

¼ tsp kosher salt

¼ tsp black pepper

¼ cup feta cheese, optional

## Directions

1. Combine chicken (1½ lbs.), spinach (4 cups), parsley (¼ cup) and strawberries (1 cup) in a large bowl.
2. Using a bowl and whisk, or a jar with an air-tight lid, thoroughly combine lemon juice (¼ cup), honey (1 Tbsp), olive oil (⅓ cup), salt (¼ tsp) and pepper (¼ tsp).
3. Toss dressing with salad and top with feta cheese (¼ cup), optional.

## Notes

Healthy oils and when to use them



Healthy oils help absorb essential vitamins and phytonutrients and help you feel full and satisfied after meals



Focus on these oils to get into your life: olive, coconut, canola, safflower, avocado and flaxseed



Store oils in a tightly-capped bottle in a cool, dark place. Some oils, including flaxseed oil, are best stored in the refrigerator

When using oils for salad dressings or dips, choose oil like extra-virgin olive oil - high in mono-unsaturated fats, or flaxseed - high in omega-3 fatty acids



## Nutrition Facts

### Servings 4

Amount Per Serving

**Calories** **532**

**% Daily Value**

**Total Fat** 31.8g **41%**

Saturated Fat 7.4g **37%**

**Cholesterol** 160mg **53%**

**Sodium** 428mg **19%**

**Total Carbohydrate** 9.2g **3%**

**Dietary Fiber** 1.6g **6%**

**Sugars** 6.9g

**Protein** 51.9g

Vitamin D 0mcg **0%**

Calcium 114mg **9%**

Iron 3mg **19%**

Potassium 686mg **15%**



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