



Humana
Neighborhood Center

Summertime Spinach, Berry, and Avocado Salad with Poppyseed Dressing

Salad Ingredients:

- 1 16 oz. bag fresh baby spinach or mixed greens
- 1 pint strawberries, hulled and sliced thin
- ½ pint blueberries
- 1 large, vine-ripened tomato
- 1 ripe avocado
- ½ cup toasted pecans, walnuts or almonds
- ½ red onion, thinly sliced

How to prep:

Place all ingredients in a medium bowl. Top with poppyseed dressing.

Poppyseed Dressing Ingredients:

- ½ cup olive oil
- 2 tbsp. honey
- 3 tbsp. apple cider vinegar
- 2 tbsp. poppy seeds
- 1 tsp. fresh lemon juice
- 1 pinch dry mustard

How to prep:

Place all ingredients in a small mixing bowl. Whisk together until thickened, about 2 minutes. Serve over salad.

