SPRING SALAD

INGREDIENTS:

2 OUNCES	SPRING MIX
1 TEASPOON	PISTACHIOS, TOASTED, CHOPPED
1 TEASPOON	GOAT CHEESE, CRUMBLED
3 EACH	STRAWBERRIES, HALVED LENGTHWISE
½ OUNCE	STRAWBERRY VINAIGRETTE (SEE RECIPE)

STRAWBERRY VINAIGRETTE:

1 CUP	STRAWBERRIES, FRESH, SLICED
½ CUP	WHITE BALSAMIC VINEGAR
1 ½ TABLESPOON	DIJON MUSTARD
1 ½ TABLESPOON	AGAVE
¼ CUP	EXTRA VIRGIN OLIVE OIL

METHOD:

- Prepare strawberry vinaigrette by placing ingredients in a blender and blend until smooth.
- Combine spring mix, and 1 tablespoon of strawberry vinaigrette in a bowl.
- Place sliced strawberries in a circle around the plate.
- Place dressed greens in the center of the circle.
- Top with; pistachios and goat cheese.

Servings: 1
Serving Size: 1 salad
Calories: 80
Fat: 4 gm **Sodium:** 80 mg **Carbohydrates:** 10 gm **Protein:** 3 gm **Fiber:** 3 gm