

BERRY FETA SPINACH SALAD



INGREDIENTS

Salad Ingredients

5 1/2 gal	Baby spinach
4 1/2 cup	Strawberries (sliced)
4 1/2 cup	Blueberries
4 1/2 cup	Raspberries
9 ea	Kiwis (sliced)
4 1/2 cup	Watermelon (diced)
3 cup	Feta cheese (crumbled)
54 svg	Caramelized pistachios (15.34 g per serving)
54 svg	Creamy Strawberry Poppy Seed Dressing (291.23 g per serving)
54 svg	Whole grain roll

Creamy Poppyseed Dressing Ingredients

3 lb	Fat free strawberry yogurt
2 1/4 cup	Light mayonnaise
1 1/8 cup	Sour cream
3 1/4 gal	Nonfat milk
1 2/3 cup	Sugar
9 Tbs	Apple cider vinegar
9 Tbs	Poppy seeds
9 Tbs	Sesame seeds
4 1/2 Tbs	Dehydrated onion (minced)

Caramelized Pistachio Ingredients

4 1/2 cup	Pistachios (unsalted)
1 1/8 cup	Sugar
4 1/2 Tbs	Butter/margarine blend
1 1/8 tsp	Cinnamon (ground)

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INSTRUCTIONS

1. Heat a pan over medium heat and add nuts, sugar, butter and cinnamon. Stir constantly with a rubber heat-proof spatula for approximately 5 minutes or until the nuts are evenly coated in the melted sugar/butter.
2. Immediately transfer nuts to parchment paper and separate using 2 forks OR let the nuts harden together and break them apart with your fingers once cooled. The nuts and coating will harden in 5-7 minutes. Set aside.
3. In a blender, add all of the dressing ingredients, except for sesame and poppy seeds (batch blend if necessary) and blend until smooth.
4. Add poppy seeds and sesame seeds and gently mix by hand to combine. Add additional milk for a thinner dressing. Store refrigerated until service.
5. Toss salad ingredients and caramelized pistachios together before serving.
6. For each individual portion, serve with a whole grain roll and dressing on the side.

Presentation Idea: Serve each fruit, nut and cheese ingredient sectioned on top of individual portions of spinach

NUTRITION

Calories:	450
Sodium:	580 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	7%

