



Strawberry Salad with Mojito Vinaigrette

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 5 servings.

Mojitos are a fun summery drink and the inspiration behind this refreshing side salad. No rum was used in my recipe, but it certainly could be added to the vinaigrette. —Donna Marie Ryan, Topsfield, Massachusetts

Ingredients

1/4 cup white wine vinegar

4 fresh strawberries, hulled

2 tablespoons water

2 tablespoons lime juice

2 tablespoons coarsely chopped fresh mint

2 tablespoons honey

1/4 teaspoon salt

Dash pepper

2 tablespoons olive oil

SALAD:

1 package (5 ounces) spring mix salad greens

2 cups fresh strawberries, hulled and sliced

1 small red onion, thinly sliced

3 ounces fresh goat cheese, crumbled

1/4 cup chopped walnuts

Directions

1. In a blender, combine the first eight ingredients. While processing, gradually add oil in a steady stream. Set aside.

2. Divide salad greens among five salad plates; top with strawberries, onion, cheese and walnuts. Drizzle with vinaigrette.

Nutrition Facts

1-1/2 cups salad with 2 tablespoons vinaigrette: 178 calories, 11g fat (3g saturated fat), 11mg cholesterol, 195mg sodium, 17g carbohydrate (11g sugars, 3g fiber), 4g protein. **Diabetic Exchanges:** 2 fat, 1 vegetable, 1/2 starch, 1/2 fruit.

© 2022 RDA Enthusiast Brands, LLC