

# Crunchy Strawberry Salad with Sesame Dressing

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This refreshing salad utilizes a fresh and sweet seasonal ingredient in May, strawberries! This dish combines both fruits and vegetables making sure you are getting in your recommended amount of produce in the day. It is advised to consume two servings of fruit and three servings of vegetables daily. Strawberries are filled with antioxidants and contain water which contributes to hydration intake. The almonds add a satisfying crunch too.

## Ingredients:

8 ounces fresh spinach or mixed greens  
1 ½ cups strawberries, sliced  
1 cup snow peas, chopped  
1 cup frozen edamame thawed  
¼ cup raw unsalted sliced almonds

## Dressing:

1 tsp honey  
1 tbsp sesame oil  
1 tsp hoisin sauce  
¼ cup coconut aminos  
1 tbsp rice vinegar  
¼ tsp ground ginger  
1 tsp Dijon mustard  
1 garlic clove, minced  
Salt and black pepper to taste

## Dietitian Tip:

When using oil and a sticky ingredient like honey in a recipe, make sure to measure the oil first and then the sticky one. This will avoid the honey from sticking to your measuring spoon!

## Directions:

1. Thaw or microwave edamame to soften and set aside.
2. Make the dressing combining all ingredients. Wisk to mix together.
3. Wash spinach and pat dry. Wash strawberries. Remove stem and slice in half.
4. Wash snow peas and chop roughly.
5. Combine spinach, strawberries and snow peas in a medium bowl. Drizzled dressing over greens. Toss to coat greens evenly.
6. Let sit for about 10 minutes to let the dressing marinate the greens. Top with almonds.

**Yield:** 6 servings

## Nutrition Facts:

120 Calories; 6g Fat (0.5 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 330 mg Sodium; 12 g Carbohydrate (4g Fiber, 6 g Sugar, 3g Added Sugar); 5 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 10% DV Iron; 10% DV Potassium