



"Bake what you love and love what you bake." Established 2005

Phone (631) 543 8608

www.bakingcoach.com

Cell: (631) 885 - 4683

Strawberry Spinach Salad

Strawberry Spinach Salad: 1 1/4 cup per person; serves 6

Here is what you need:

- 1 lb. fresh Strawberries, sliced (green tops removed)
- 1/4 cup Cran-raisins
- 1/4 cup toasted, chopped pecans (optional) or sliced almonds
- 1 package of baby spinach

Dressing – Sweet Balsamic

- 1 tbsp. Balsamic vinegar
- 2 tbsp extra virgin olive oil
- 1 tsp honey
- 1/2 tsp Dijon mustard
- Salt and pepper to taste

Here is how you do it:

Whisk or stir dressing at the bottom of your bowl, add in spinach leaves and top with sliced strawberries. Sprinkle Cran-Raisins on top or optional nuts. Store in fridge.

Watermelon Feta Salad – approximately 1 cup per person serve 6

- 1 large baby seedless watermelon, chilled (6 cups of cubed fruit)
- 1/4 cup olive oil
- 1 fresh lime juiced or 3 tablespoons lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black or white pepper
- 1/2 cup fresh mint leaves, cleaned and chopped
- 3/4 cup crumbled feta

Serve this salad just after making for best flavor. Cut watermelon, removing rind and cubing red center; set aside. In a large bowl, whisk oil, lime juice, salt and pepper; add chopped watermelon. Place chopped mint and feta cheese on top of the watermelon, then toss with prepared dressing just before serving. Store in fridge.

Serve and enjoy!