



# Spinach and Berry Salad

*4 cups fresh spinach, torn in  
bite-sized pieces*  
*1 cup thickly sliced strawberries*  
*1 cup blueberries*  
*1 small red onion, thinly sliced,  
pulled into rings*  
*1/4 cup chopped pecans*

*2 tbsp balsamic vinegar*  
*2 tbsp rice vinegar*  
*4 tsp honey*  
*1 tsp curry powder*  
*2 tsp Dijon mustard*  
*Pepper to taste*  
*Non-fat Curry Dressing*

1. Wash and dry spinach.
2. Whip together dressing.
3. Add dressing to spinach and toss lightly.
4. Add berries, onion and pecans.
5. Toss lightly.

## Makes 4 servings

Nutrition Information for 1 serving: Calories: 170; Fat: 6g; Sodium: 95mg; Carbohydrate: 31g

\* Please note: the nutritional information listed above is without the dressing.

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