

Summer Mango Salad with Spinach and Sweet-Tart Blueberries

A Colorful, Nutrient-Packed Salad That Sings of Summer



TIME
7 min

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INGREDIENTS

- 2 cups fresh spinach, chopped
- 1 ripe mango, peeled and diced
- 1/2 cup blueberries
- 1/4 cup walnuts, toasted
- 1/4 cup crumbled feta cheese
- 1 tbsp honey (optional, for extra sweetness)
- 1 tbsp olive oil
- 1 tbsp fresh lime juice
- Salt and pepper to taste

DIRECTIONS

- Step 1: Prep the Produce** Wash and dry the spinach. Dice the mango, slice the lime, and measure your blueberries.
- Step 2: Make the Dressing** In a small bowl, whisk together olive oil, lime juice, honey, salt, and pepper until emulsified.
- Step 3: Assemble the Salad** In a large mixing bowl, combine spinach, mango, and blueberries. Drizzle the dressing over and toss gently.
- Step 4: Add the Toppings** Sprinkle toasted walnuts and crumbled feta over the salad. Toss once more or leave as-is for a composed presentation.
- Step 5: Serve Immediately** This salad is best served fresh while the ingredients are at their peak texture and flavor.

SWAPS & NOTES

Spinach : You can swap in arugula or baby kale for a spicier or heartier green.

Feta cheese : Goat cheese or a dairy-free feta substitute works beautifully.

Walnuts : Pecans, slivered almonds, or even pumpkin seeds are delicious substitutes.

Blueberries : Try strawberries, raspberries, or even pomegranate seeds.

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