

The Perfect Summer Salad: Strawberry Spinach with Honey Balsamic Dressing

fresh, vibrant, and incredibly delicious salad



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10 min

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INGREDIENTS

For the Salad:

- 6 cups fresh spinach
- 1 ½ cups strawberries, sliced
- ½ small red onion, thinly sliced
- ¼ cup feta cheese or goat cheese, crumbled
- ¼ cup pecans or almonds, toasted
- ¼ cup dried cranberries (optional, for extra sweetness)

For the Honey Balsamic Dressing:

- 3 tablespoons olive oil
- 1 ½ tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and black pepper, to taste

How to Make Strawberry Spinach Salad:

1. Prepare the Dressing:

In a small bowl or jar, whisk together olive oil, balsamic vinegar, honey, Dijon mustard, salt, and black pepper.

Set aside while you prepare the salad.

2. Assemble the Salad:

In a large salad bowl, add the spinach, sliced strawberries, red onion, feta cheese, and toasted nuts.

3. Toss & Serve:

Drizzle the dressing over the salad just before serving. Toss gently to coat.

Serve immediately and enjoy!

Pro Tips & Variations:

What to Serve with Strawberry Spinach Salad:

Grilled Chicken or Salmon - A protein-packed meal.

Crusty Bread or Crostini - To soak up the delicious dressing.

A Chilled Glass of White Wine - Pairs well with the fresh and fruity flavors.

Quinoa or Farro - To make it heartier.

FAQs (From My Kitchen to Yours):

Why You'll Love This Recipe:

DIRECTIONS

1. Prepare the Dressing: In a small bowl or jar, whisk together olive oil, balsamic vinegar, honey, Dijon mustard, salt, and black pepper.
2. Set aside while you prepare the salad.
3. Assemble the Salad: In a large salad bowl, add the spinach, sliced strawberries, red onion, feta cheese, and toasted nuts.
4. Toss & Serve: Drizzle the dressing over the salad just before serving. Toss gently to coat.
5. Serve immediately and enjoy!
6. Pro Tips & Variations: ? Want extra crunch? Add toasted walnuts, sunflower seeds, or candied pecans.
7. ? Make it a meal - Add grilled chicken, shrimp, or salmon for extra protein.
8. ? Swap the cheese - Feta and goat cheese work great, but you can also use blue cheese or parmesan.
9. ? Prefer a lighter dressing? Use a lemon vinaigrette instead of balsamic.
10. ? Love extra sweetness? Add mandarin oranges or apple slices for more fruit flavor.
11. What to Serve with Strawberry Spinach Salad: This salad pairs beautifully with:
12. Grilled : Chicken or Salmon - A protein-packed meal.
13. Crusty : Bread or Crostini - To soak up the delicious dressing.
14. A Chilled : Glass of White Wine - Pairs well with the fresh and fruity flavors.
15. Quinoa or : Farro - To make it heartier.
16. FAQs (From My Kitchen to Yours): Q: Can I make this salad ahead of time?A: Yes! Just store the ingredients

separately and add the dressing right before serving to keep everything fresh.

17. Q: How do I store leftovers?A: Store undressed salad in an airtight container in the fridge for up to 2 days.
18. Q: Can I use frozen strawberries?A: Fresh is best, but if using frozen, thaw and pat them dry before adding to the salad.
19. Q: Can I make a vegan version?A: Absolutely! Swap out feta for a dairy-free cheese or avocado and use maple syrup instead of honey in the dressing.
20. Why You'll Love This Recipe: This Strawberry Spinach Salad is light, refreshing, and packed with vibrant flavors, making it the perfect dish for any occasion. It's nutrient-rich, super easy to make, and completely customizable to your taste.
21. Give this recipe a try and let me know how you love to enjoy your strawberry spinach salad!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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