

Spinach and Pear Salad



Prep Time: 15 Min Serves: 6

Ingredients:

For the salad:

- 6 cups spinach loosely packed
- 2 pears (or apples)
- 1/2 red onion
- 1/4-1/2 cup feta
- 1/2 cup green pumpkin seeds (roasted and salted)

For the dressing:

- 1/4 cup greek yogurt
- 1 Tbsp white vinegar (or 2 Tbsp white wine vinegar)
- 1 Tbsp honey
- 1 Tbsp olive oil
- 1 tsp poppy seeds
- 1/2 tsp salt

Instructions:

1. Add all of the dressing ingredients to a bowl and mix thoroughly. Set in the fridge until you are ready to serve.
2. Add spinach to a large mixing bowl.
3. Cut the pear or apple into 1/4 inch chunks and add to the bowl.
4. Thinly slice the red onion and add to the bowl.
5. Add the feta and roasted pumpkin seeds, toss together with the dressing just before serving.

Serve with toasted whole wheat pita triangles for a full meal with all 5 food groups!

Serving it as a side? Just make half!

