

SALADS

Strawberry Feta Salad in a Jar

Makes 1 serving

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 9 g · Fiber 4 g · Calories 320	

Ingredients

- 2 Tbsp balsamic vinaigrette (see recipe)
- ½ cup strawberries, sliced
- ¼ cup feta
- ¼ cup almonds or walnuts
- 2 handfuls of fresh spinach

Directions

1. Place the balsamic vinaigrette in the bottom of a mason jar.
2. Add the sliced strawberries, then the nuts and feta.
3. Top with the spinach.
4. Seal and refrigerate; shake to blend when ready to serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Strawberry Feta Salad in a Jar

Makes 1 serving

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 lb (16 oz) strawberries (about 3½ cups)
- ☐ 2 handfuls of fresh spinach

DAIRY & EGGS

- ☐ ¼ cup feta

PANTRY & DRY GOODS

- ☐ ¼ cup almonds or walnuts