



Makes: 4 servings
Prep Time: 20 minutes
Total Time: 20 minutes

Summer Strawberry Feta Salad

Ingredients

For the Dressing:

- 1/4 cup sliced strawberries
- 3 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp chopped shallot
- 1 tbsp fresh lemon juice
- 2 tsp honey or maple syrup
- 1/2 tsp salt

For the Salad:

- 8-10 ounces arugula or spinach greens, or a 50/50 mixture
- 1/2 cup Italian parsley leaves (tender stems are okay) or basil leaves
- 1 pound strawberries, hulled and quartered
- 1 English (seedless) cucumber, sliced into 1/2-inch chunks, or 3 baby Persian cucumbers, sliced
- 1 pint cherry tomatoes (any color), sliced in half
- 1/4 cup cup sliced red onion (soak for 5 minutes in ice water to take away the bite, if you like)
- 1/2 cup crumbled feta cheese

Instructions

Combine all ingredients in a blender or small food processor until smooth and creamy. Dressing will keep refrigerated up to 5 days.

Put the arugula in a large salad bowl or a large serving platter. Top with the remaining ingredients and drizzle with 3 tablespoons of the dressing. Toss together gently. Serve with additional dressing on the side.