



# Summer Strawberry Feta Salad

Makes: 4 servings  
Prep Time: 15 minutes  
Total Time: 15 minutes

## Ingredients

### 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

### 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 sliced red onion (see Chef's Notes)
- 1/2 cup crumbled feta cheese

## Instructions

### Dressing:

Combine all ingredients in a blender or small food processor until smooth and creamy. The vinaigrette can be prepared up to 5 days in advance.

### Salad:

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.

#### Chef's Notes:

I'm not a big fan of raw red onions in a salad but I love the flavor so I soak them in ice water for 5 minutes and then drain them and pat them dry. This helps to take the bite (and bad breath) away!

Make the dressing up to 5 days ahead and keep in a covered container (a glass jar is perfect) in the refrigerator. Give it a shake to blend before dressing the salad.

For the best texture, dress the salad shortly before serving so it doesn't wilt the greens.

To make ahead for a party or picnic, you can assemble the undressed salad in your serving bowl and cover with a clean damp towel. It will keep up 6 hours in the refrigerator.