**Strawberry Spinach Salad**

**Ingredients:**

For the Salad:

* 2 handfuls fresh baby spinach
* 4 sliced strawberries
* Handful toasted pecans (could sub for almonds)
* 25ml feta cheese, crumbled (could sub for goat cheese)

For the Dressing:

* 10ml balsamic vinegar
* 2ml brown sugar
* 1 garlic clove, minced
* Pinch of salt
* Pinch of pepper
* 30ml olive oil

**Directions:**

1. First prepare the dressing
   1. In a bowl, whisk together the vinegar, sugar, salt an pepper until the sugar has dissolved
   2. Mince the garlic almost into a paste, and add
   3. Add the oil
   4. Let sit until salad is complete
2. Second prepare the salad
   1. Toast pecans in oven for 3-5 minutes – until aromatic
   2. Wash and dry spinach
   3. Wash, remove stem and slice strawberries
   4. Toss spinach with strawberries and toasted pecans
   5. Crumble feta on top
3. Add dressing to salad and serve immediately

**Greek Salad**



**Ingredients:**

For the Salad

* 1 Roma tomato
* ¼ of a cucumber
* 1/6 of an onion
* ¼ of a green bell pepper
* 25ml pitted black olive
* 25ml feta cheese

For the Dressing:

* 30ml olive oil
* 10ml lemon juice
* 1 clove garlic
* 2ml red wine vinegar
* 1ml dried oregano
* 1ml dill weed
* Salt and pepper to taste

**Directions:**

1. Whisk together olive oil, lemon juice, vinegar, oregano and dill
2. Mince garlic and add
3. Season to taste with salt and pepper
4. Let stand until salad is done – whisk before adding to salad
5. Chop the tomatoes coarse
6. Chop the cucumber coarse
7. Slice the onion
8. Chop the bell pepper coarse
9. Chop the olives coarse
10. Toss in a large bowl
11. Toss with dressing and crumble feta cheese on top
12. Serve immediately