



# SPINACH AND BERRY SALAD



**SENSORY OBJECTIVES:** WE ARE EATING FROM THE RAINBOW AGAIN. LOOK AT THE COLORS. ARE THEY BRIGHT AND VIVID OR DEEP AND DARK? IS ONE HEALTHIER OR ARE BOTH GOOD?

**SPEECH OBJECTIVES:** WHY DO YOU THINK FRUIT GOES WELL WITH SPINACH? DO YOU LIKE THE COMBINATION?

## **INGREDIENTS:**

- 1 BAG BABY SPINACH
- 1 TBSP BALSAMIC VINAIGRETTE
- 1 PINT OF BERRIES
- 1 RIPE PEAR OR APPLE, CUT INTO LONG THIN STRIPS
- 1-2 TBSP CRUMBLED FETA CHEESE
- ¼ CUP CHOPPED NUTS (TOASTED ALMONDS, PECANS)

## **NOTES:**

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## **INSTRUCTIONS:**

TOSS SPINACH WITH ABOUT 1 TBSP BALSAMIC VINAIGRETTE, THEN ADD OTHER INGREDIENTS AND TOSS LIGHTLY. IF NEEDED, ADD MORE DRESSING TO TASTE.