



Strawberry, Melon, and Avocado Salad

Nutty and slightly sweet sherry vinegar is a natural partner for strawberries. This composed salad makes a cool kickoff for dinner or top it off with lean protein for a nutrition-packed lunch.

Ingredients

1 tablespoon honey
2 tablespooons sherry or red-wine vinegar
2 tablespoons finely chopped fresh mint
1/4 teaspoon freshly ground pepper
1 pinch salt
4 cups baby spinach
1 small avocado (4-5 ounces), peeled, pitted and cut into 16 slices
16 slices cantaloupe (about 1/2 small cantaloupe), rind removed
1 1/2 cups strawberries, sliced
2 teaspoons roasted pumpkin seeds – sunflower seeds work well too

Directions

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with pumpkin seeds.