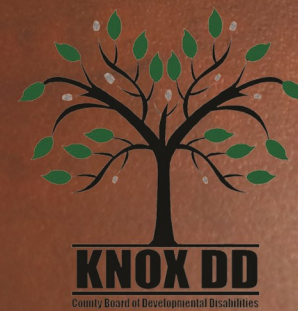




Easy Strawberry Salad



Prep: 10 Min Total: 30 Min Calories: 1 Cup Serving 170 Calories

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Ingredients

- 1 bag of Mixed Greens (spinach, romaine, etc.)
- 1 package Strawberries
- 1/2 Red Onion
- 1/2 container Feta Cheese
- Grilled Chicken
- Skinny Girl Poppy Seed Dressing

Watch Along

To watch how to make this yummy meal, check us out on YouTube!



Share With Us

We'd love to see what you create! Share pictures of your creations!



1. Wash Fruits & Veggies

Make sure you wash all the fruits and vegetables you would like to add to your salad.



2. Hull Strawberries

It's important to remove the stem of your strawberries! Cut off the top of the strawberries or cut out the center to remove the stem.



3. Slice Strawberries

Slice your strawberries into small bite sized pieces. Make sure you lay them flat on your work surface so they don't roll away!



4. Dice Chicken

Dice your chicken pieces into small, bite sized pieces.



5. Cut Up Onion

Start by cutting off the bottom of the onion. Then chop it in half. Peel the skin off of one half, then cut into half moon slices.



6. Add Your Greens

Add your greens to your bowl.



7. Add Feta Cheese

Pour in about half of your container of Feta Cheese. Stir all ingredients in your bowl to combine.



8. Add Dressing & Enjoy!

Add a little Poppy Seed Dressing, stir and enjoy!



Switch it up!

Another yummy option is to use hard boiled eggs instead of grilled chicken. You could also add any other fruits or veggies that you enjoy!