

Blackberry Spinach Salad



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Prep Time: 15 Minutes

Ready In: 15 Minutes

Servings: 8

"Rich with color and texture, and boldly flavored with fresh blackberries and feta cheese, this salad is one of the most wonderful we have enjoyed!"

INGREDIENTS:

3 cups baby spinach, rinsed and dried	1 green onion, sliced
1 pint fresh blackberries	1/4 cup finely chopped walnuts (optional)
6 ounces crumbled feta cheese	1/2 cup edible flowers (optional)
1 pint cherry tomatoes, halved	

DIRECTIONS:

1. In a large bowl, toss together baby spinach, blackberries, feta cheese, cherry tomatoes, green onion, and walnuts. Garnish with edible flowers.

Nutrition Information

Servings Per Recipe: 8

Calories: 107

Amount Per Serving

Total Fat: 7.3g
Cholesterol: 19mg
Sodium: 250mg

Amount Per Serving

Total Carbs: 7.1g
Dietary Fiber: 2.8g
Protein: 4.8g