

# Strawberry Spinach Salad with Candied Pecans and Creamy Citrus Dressing

(Anti-inflammatory, Dairy-free, Gluten-free, Sugar-free)

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Recipe (serves 4-6)

## **Candied Pecans:**

1 cup whole pecans  
1 tbsp flax oil  
1 tsp cinnamon  
1/4 tsp ginger

## **Creamy Citrus Dressing:**

1/3 cup filtered water  
1/3 cup raw unsalted cashews  
2 tbsp flax oil (optional: orange flavored)  
1 lemon, juiced  
2 garlic cloves  
1/2 tsp sea salt

## **Strawberry Spinach Salad:**

1 small package fresh organic spinach  
2 cups organic strawberries, sliced  
1 cup edamame beans (non-GMO, organic), cooked  
1 avocado, sliced  
2 tbsp flax seeds  
1 cup pea shoots  
1/2 cup fresh basil

### **Instructions:**

1. Preheat oven at 250 deg Celcius
2. Mix pecans, flax oil, cinnamon and ginger in a medium sized bowl until pecans are coated.
3. Spread pecans out on a baking sheet lined with parchment paper.
4. Bake pecans for 40-50 min. Flip after 20 min.
5. Place all dressing ingredients in a high speed blender and blend until smooth.
6. In a large bowl, add spinach, strawberries, edamame beans, avocado, flax seeds, pea shoots and basil.
7. Finally, top salad with cooked pecans and serve with dressing.

### **Potential Health Benefits**

- Pecans: lower LDL cholesterol, improves heart health
- Cinnamon: regulates blood sugar levels which is important for diabetics, boosts digestion
- Flax seed oil: source of lignans which are phytoestrogens that regulate estrogen production and may prevent hormone-associated cancers (especially breast), prostate and colon cancer
- Garlic: improves cholesterol levels and heart health
- Avocado: source of MUFAs, anti-inflammatory, source of fiber, improves cholesterol levels, increases antioxidant absorption when eaten with vegetables
- Edamame: plant-based source of protein, iron and calcium
- Basil: anti-inflammatory, very high in vitamin K (important for preventing osteoporosis)
- Strawberry: high in antioxidants, anti-inflammatory, supports heart health, low glycemic fruit
- Spinach: anti-inflammatory, source of iron, magnesium and calcium