

Summer Salad with Fruit

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A fresh summer salad loaded with bursts of sweet fruit, crunchy nuts, and tangy cheese.

Prep Time 12 minutes

Total Time 12 minutes

Servings 2

Calories 577kcal

Ingredients

- 3 cups mixed spring greens
- 1 cup baby spinach
- 1 cup seedless grapes
- 6 strawberries tops removed, sliced
- 1 cup mandarin oranges
- ½ cup chopped walnuts
- ½ cup gorgonzola cheese
- ½ avocado sliced
- 1 lemon
- 1 tablespoon olive oil or to taste
- Coarse kosher salt and freshly ground black pepper

How To Make A Summer Salad With Fruit

Instructions

1. In a large bowl, toss together the spring greens and spinach.
2. Add grapes, strawberries, oranges, walnuts, and cheese and toss gently to combine.
3. Divide between two plates. Divide avocado amongst the two plates and squeeze the lemon over the top to taste.
4. Drizzle lightly with olive oil and season with salt and pepper.

Top Tips

Simple salad dressing - This salad is simply dressed with a squeeze of lemon juice and a drizzle of olive oil. No mixing or jar shaking required. Of course, you could mix them together if you like, or swap this with a store-bought vinaigrette.

Salt and pepper on salads - Also, are you sprinkling your salad with coarse salt and freshly ground black pepper? You should be! It helps balance the flavors just right. I like to use coarse kosher salt (mine is Morton's, but Diamond Crystal is great too), and freshly grind my pepper for the best flavor.

Nutrition

Calories: 577kcal | Carbohydrates: 45g | Protein: 14g | Fat: 42g | Saturated

Fat: 9g | Cholesterol: 21mg | Sodium: 430mg | Potassium: 1067mg | Fiber: 10g | Sugar: 26g | Vitamin

A: 3090IU | Vitamin C: 101.4mg | Calcium: 270mg | Iron: 2.8mg

