

Fresh Spinach & Berry Salad



TIP: This simple fully flavorful salad makes the most of fresh summer fruits and vegetables and requires very little effort to make. All you have to do is pinch off the spinach leaves (only if you buy them fresh on a stem, not bagged), give them a good rinse - spinach is usually grown in gritty soil - and toss them along with fresh berries, crumbled cheese, dried fruit and dressing.

Preparation Time: 5-7 minutes

Ingredients
(for 2)

1-2 Handfuls of Fresh Spinach

2 Handfuls of Fresh Berries (I'm using raspberries and blueberries, but any fresh fruit you like will work)

Favorite Salad Dressing ([click this link for an instant 5-ingredient salad dressing](#))

Cheese (optional - I'm using feta cheese, but any cheese will work)

Dried Cranberries (or your favorite dried fruit)

Ground Black Pepper



Equipment

Large Working Bowl (to clean the spinach)

Colander

Salad (or any) Bowl

Salad (or any) Spoons



1. Pinch the **spinach leaves**, if needed, from their stems into a large working bowl.



Fill the bowl mostly full with cold tap water, and...



...give the **leaves** a good hand scrubbing rinse to loosen any gritty soil stuck to the **leaves**.



Let the **spinach** rest while you prepare the **berries** so that any soil in the water sinks to the bottom of the bowl.



2. Rinse a **handful of berries**, like the **raspberries** and **blueberries** shown here, in a colander with cold tap water, making sure...



...to remove the stems from any **berries** you're using, if necessary. Then...



...use your hands to remove the **spinach leaves** from the bowl to put them in the colander with the **berries** to drip dry.



3. Hand tear the **spinach leaves** into bite sized pieces, and...



...top with the **freshly rinsed berries**.



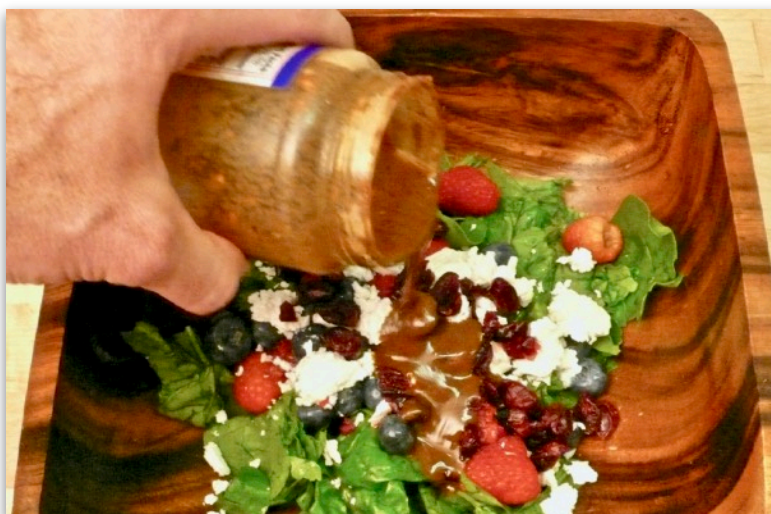
4. Add **crumbled feta (or any) cheese**,...



...a **handful of dried cranberries** (or any dried fruit) and...



...top with a **good shot of salad dressing.**



5. Mix the **salad** until...



...the **spinach** and **berries** are evenly coated with **dressing** like this.



6. Top with **freshly ground black pepper** to taste and...



...serve.

