

# Fresh Spinach & Berry Salad

## From Simple to Exciting



### TIPS:

1. As with any recipe, this “from simple to exciting (S2E)” recipe is just a guide. Sure, the ingredients you see below in both the **Simple Ingredients** and added **Suggested Simple to Exciting Ingredients** work great together, but please use what you find here as

inspiration to make your salad as exciting as possible to suit your own particular taste and dietary needs.

2. **Fun!:** Taking this salad - or taking any dish - from simple to exciting is all about fun. I had a lot of fun using the ingredients shown here. I wish you the same fun experimenting with the ingredients you choose.

**Preparation Time:** 5-15 minutes depending on the number and type of ingredients used

### Simple Ingredients (for 2)

1-2 Handfuls of Fresh Spinach

2 Handfuls of Fresh Berries

Favorite Salad Dressing (for an easy-to-make salad dressing, click this link to [Instant 5-Ingredient Salad Dressing](#))

Feta (or your favorite) Cheese

Your Favorite Dried Fruit

Ground Black Pepper



## Suggested Simple To Exciting Ingredients

Bell Pepper (Tip: Red, orange and yellow bell peppers are sweeter than green bell peppers)

Ripe Peach

Ripe Mango

Ripe Avocado

Fresh Mushrooms

Roasted Peppers

Sun Dried Tomatoes

Chopped Walnuts (or any nuts)

Sunflower (or any) Seeds

Sesame Stick (or any) Crackers



## Ground Flaxseed Wheat Germ



## Equipment

Large Working Bowl (to clean the spinach)

Colander

Salad (or any) Bowl

Salad (or any) Spoons

Cutting Board

Sharp (Chef's) Knife



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



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





...give the **spinach leaves** a vigorous 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**, 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, put them in a salad (or any) bowl, and...



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



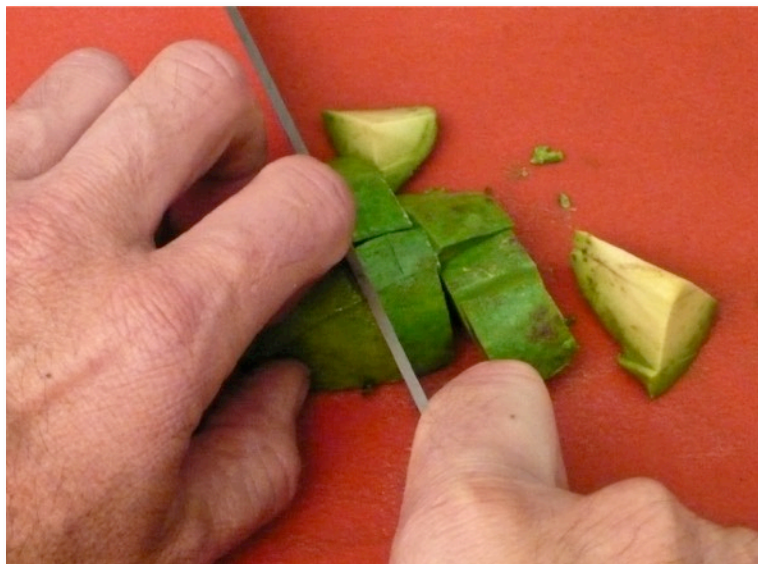
4. Rinse and shake dry any **fresh** “from simple to

exciting” ingredients in the sink.



5. Prepare and add your choice - or your own - “from simple to exciting” fresh or jarred ingredients about as shown.

## Ripe Avocado



## Bell Pepper



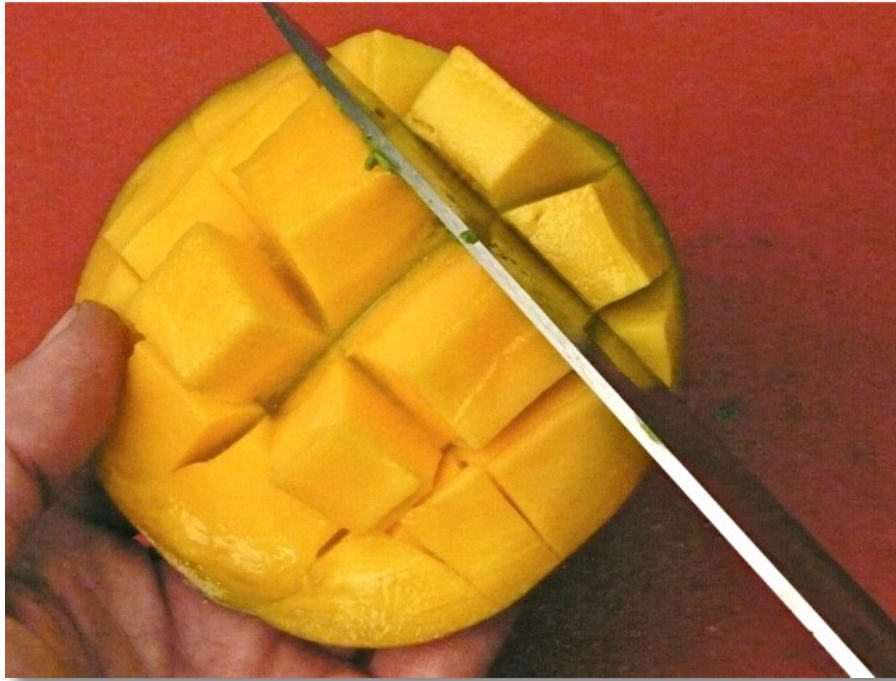
**Ripe Mango** - First make a cut lengthwise along the side of the flat seed.



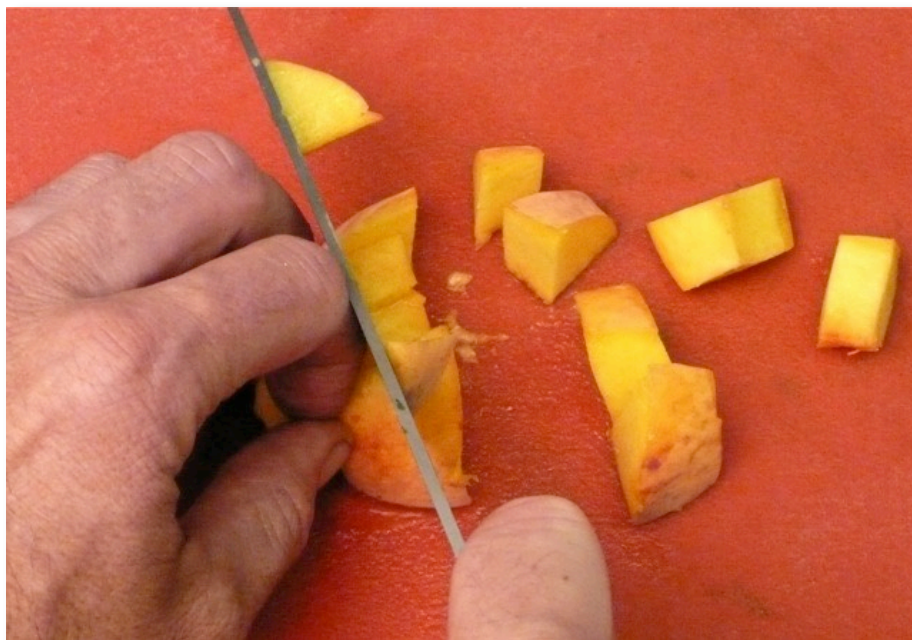
Then make cross cuts into the **flesh of the mango** without cutting through the mango skin, and cut



those pieces free from the skin as shown here.



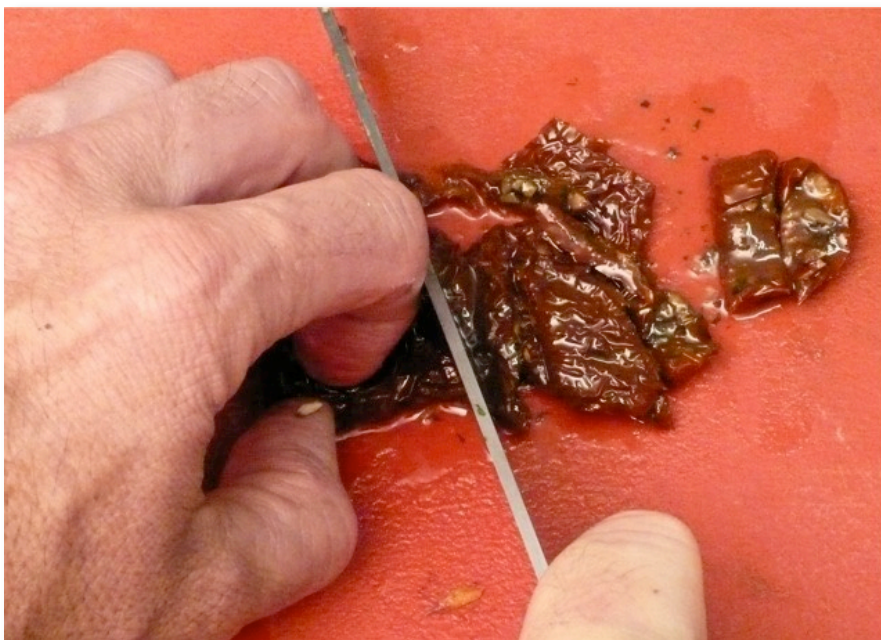
## Ripe Peach



## Mushrooms



## Sun Dried Tomatoes





## Roasted Red Peppers



6. Pour on a good shot of salad dressing. Then...





...add crumbled feta (or any) cheese,...



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



...your choice of all or some of the following - or your

own - “from simple to exciting” dry ingredients:

Chopped Walnuts (or any nuts)



Sunflower (or any) Seeds





## Sesame Stick (or any) Crackers



## Ground Flaxseed





## Wheat Germ



7. Mix the salad with salad (or any) spoons until...



...all the ingredients are evenly coated with dressing

like this.



8. Top with freshly ground black pepper to taste and...



...serve.



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