

Spinach Avocado Fig Salad



Greater Cleveland
Food Bank

MAKES: 2 servings

PREP TIME: 10 minutes

Ingredients:

- 2-3 cups baby spinach (or mesclun)
- 4 figs, sliced
- 1 avocado, pitted and sliced
- 1/3 cup walnuts or 3 Tbsp pepitas
- ¼ cup red onion or celery, chopped

Directions:

1. Spread spinach on plate.
2. Top with figs, avocado, nut/seed, and onion/celery.
3. Drizzle with balsamic vinaigrette or your choice of salad dressing.



Make it a Meal:

This romantic salad can be the main course or side dish of your Valentine's Day dinner.

With its nutrient-rich ingredients, you can also feel good without overeating.

You may also add crumbled goat cheese, and sliced steak for protein.

Pair this with red wine or Antioxidant Power juice, and split a dark chocolate bar for dessert.

Adapted from: [MyDarlingVegan.com](https://www.mydarlingvegan.com)