



RECIPE | PEPPERS



# PEPPER AND STRAWBERRY SPINACH SALAD

**pure  
flavor**



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# PEPPER AND STRAWBERRY SPINACH SALAD

Recipe created by *Dalya Rubin*

## INGREDIENTS

### For the salad:

- 1 lb** Pure Flavor® Organic Aurora Bites Mini Sweet Peppers, sliced into rings
- 8** strawberries, sliced
- 2** avocados, pitted and sliced
- 10 oz** baby spinach
- 2 oz** mixed greens
- ½ small** red onion, sliced
- ¾ cup** pecans, chopped
- 2 tbsp** pistachios, chopped
- 2 tbsp** sunflower seeds
- 2 tbsp** pumpkin seeds

### For the dressing:

- ¾ cup** extra virgin olive oil
- 3 tbsp** balsamic vinegar
- 2 tbsp** pure maple syrup
- 1½ tsp** Dijon mustard
- 1 tsp** fine sea salt
- 1 tsp** garlic powder
- ¼ tsp** black pepper



## DIRECTIONS

- 1 Layer all salad ingredients into a bowl except for the avocado.
- 2 Combine all the dressing ingredients in a medium mason jar. Cover and shake until emulsified and slightly thickened.
- 3 Pour the dressing over the salad and toss. Add avocado on top and enjoy!

Pro Tip: For a tree-nut free version, swap the pistachios and pecans for more sunflower seeds and pumpkin seeds.



**15 min**

**15 min**  
PREP.

**0 min**  
COOKING



**4**



**easy**