



BALSAMIC STRAWBERRY SALAD

By Dr. Cindy Tanzar
(Standard/Vegan)

Take advantage of seasonal strawberries while you can! Making strawberries the star of this beautiful salad will help provide you with a natural sweetness and more enjoyment in your food choices. You will want to eat this easy salad often... it's that good!

This recipe makes two servings, but you can cut it in half for one serving. One serving covers your fruit, vegetable and fat for one meal. You can also add cooked, diced chicken to it for a complete meal.



INGREDIENTS

2 cups sliced strawberries
2/3 cup red onion, small diced
3-1/3 cup cucumber, diced



1 Tbsp fresh basil (or to taste), chopped - (can also use mint)
Pink Himalayan salt & freshly-ground black pepper, to taste
4 Tbsp extra virgin olive oil
2 Tbsp “organic” Balsamic vinegar

DIRECTIONS

Combine strawberries, red onion and cucumber in a medium bowl. Season to your liking. Sprinkle with chopped basil.

In a small jar, add the olive oil and Balsamic vinegar and shake well. Drizzle two tablespoons on your serving of salad.

You will have a little dressing left over. It can be saved and used for other meals. You can leave oil and vinegar unrefrigerated for a few days. If you do refrigerate it, you will have to let it sit out for a while to soften the oil, as it will harden when cold.