

# Strawberry, Melon & Avocado Salad

From EatingWell:

Eating more vitamin C-rich foods, such as strawberries, may help to ward off wrinkles and age-related dryness, suggests research from 2007 in the *American Journal of Clinical Nutrition*. Vitamin C's skin-smoothing effects may be due to its ability to mop up free radicals produced from ultraviolet rays and also its role in collagen synthesis. Collagen is fibrous protein that keeps skin firm and vitamin C is essential for collagen production.

Nutty and slightly sweet sherry vinegar is a natural partner for strawberries. This luscious salad makes a cool kickoff for dinner. Pair it with wild-caught salmon for a nutrition-packed lunch or dinner.



**Makes:** 4 servings

## Nutrition Profile

## Ingredients

- 1/4 cup honey
- 2 tablespoons sherry vinegar, or red-wine vinegar
- 2 tablespoons finely chopped fresh mint
- 1/4 teaspoon freshly ground pepper
- Pinch of salt
- 4 cups baby spinach
- 1 small avocado, (4-5 ounces), peeled, pitted and cut into 16 slices
- 16 thin slices cantaloupe, (about 1/2 small cantaloupe), rind removed
- 1 1/2 cups hulled strawberries, sliced
- 2 teaspoons sesame seeds, toasted (see Tip)

## Preparation

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

## Tips & Notes

- **Make Ahead Tip:** The dressing will keep, covered, in the refrigerator for up to 1 day.
- **Tip:** To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

## Nutrition

**Per serving:** 202 calories; 8 g fat ( 1 g sat , 1 g mono ); 0 mg cholesterol; 24 g carbohydrates; 3 g protein; 7 g fiber; 90 mg sodium; 503 mg potassium.

**Nutrition Bonus:** Vitamin C (100% daily value), Vitamin A (60% dv), Folate (18% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1 vegetable, 2 fruit, 1 1/2 fat (mono)