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Strawberry Crunch Salad with Apricot Poppy Seed Dressing (S)

This salad sings like a songbird in springtime with sweet strawberries and glazed almonds! Make this as a side dish or as your main dish alongside some grilled chicken or salmon for a fresh and fantastic, slimming, restaurant-style salad!

Serving Size: Family-serve; Approximately 4 people

INGREDIENTS:

TOASTED CRUNCH TOPPING:

- 1/2 cup Slivered Almonds
- 1 & 1/2 Tablespoons THM Gentle Sweet
- 1 or 2 pinches of Mineral Salt

SALAD:

- 1 or 2 large heads of Romaine (or 3-4 Romaine Hearts), torn (about 8-10 cups)
- 1 small Red Onion, halved and thinly sliced
- 2 cups sliced, fresh Strawberries

DRESSING:

- 1/4 cup Mayonnaise
- 3 Tablespoons 0% Greek Yogurt
- 1 & 1/2 Tablespoons THM Gentle Sweet
- 1 & 1/2 Tablespoons Almond (or other nut) Milk
- 1 Tablespoon Apple Cider Vinegar
- 1 & 1/2 teaspoons Poppy Seeds
- 1/2 to 3/4 teaspoon THM Apricot Natural Burst extract

(Continued... Instructions & Recipe Note)

(Strawberry Crunch Salad with Apricot Poppy Seed Dressing, Continued...)

INSTRUCTIONS:

1. Toast the almonds with the sweetener and mineral salt in a small skillet over medium heat for a few minutes, until just slightly browned. Set aside to cool.
2. Place torn lettuce in large salad bowl and top with sliced onion and strawberries.
3. Whisk all dressing ingredients together in a small bowl and drizzle over the salad. Top with the toasted almonds.

RECIPE NOTE:

- * If enjoying as a full meal for 4 people, top your salad with grilled chicken strips or salmon.

The *Strawberry Crunch Salad with Apricot Poppy Seed Dressing* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com