

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Spring Spinach Salad with Lemon-Poppyseed Vinaigrette

Serves 2

This salad is a fresh riff off the beloved classic strawberry spinach salad with poppyseed dressing. The addition of seasonally ripe avocado and an extra special mango rosette take this salad to the next level of visual and taste enjoyment!

Salad Ingredients:

4 cups spinach leaves, stemmed
1 avocado, sliced
1 mango, sliced and formed into a rosette
1 cup strawberries, hulled and sliced
1/4 red onion, thinly sliced

Lemon-Poppyseed Vinaigrette:

Makes about 1/3 cup:
3 tablespoons extra virgin olive oil
1 tablespoon champagne vinegar
1 tablespoon shallot, minced
2 tablespoon lemon juice
1 teaspoon poppy seeds
1 tablespoon honey
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

Directions:

1. Prepare the mango rosettes: Wash the outside of the mangoes, and cut into two halves by cutting along either side of the pit. Easily remove the mango peel from each half by using a glass to separate the peel from the fruit. Slice into very fine slices, then spread out slices. Once slices are positioned, begin to turn the slices into a circle until a rosette is formed.
2. Next, prepare the avocado slices, strawberries and onion.
3. Prepare vinaigrette by whisking together all ingredients.
4. Assemble the salad by gently tossing the spinach, strawberries, red onion, and vinaigrette together. Place in individual bowls or plates, and top with the avocado slices and the mango rosette.