

8/2/23

For the dressing:

- ½ cup plain yogurt (not Greek)
- 2 tablespoons mayonnaise
- 2 ½ tablespoons honey or granulated sugar
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lemon zest and juice
- 1 tablespoon poppy seeds
- ¼ teaspoon kosher or sea salt

For the salad:

- 6 cups fresh spinach
- 2 cups fresh strawberries, hulled and sliced
- 2 medium avocados, sliced
- ½ cup sugar snap peas, thinly sliced
- ¼ cup sliced almonds

Instructions

1. In a medium bowl, whisk together yogurt, mayonnaise, honey or sugar, apple cider vinegar, lemon zest and juice, poppy seeds and salt. Taste and adjust seasoning, if necessary.
2. Arrange spinach on 4 plates. Evenly distribute strawberries, avocado, snap peas and almonds. Drizzle with dressing just before serving.