

Strawberry Mixed Green Salad with Walnut-Hemp Clusters

Prep Time: 20 minutes

Cook Time: 8 minutes

Total Time: 28 minutes

Servings: 4

Serving Size: ¼ of recipe with 1 tablespoon dressing

Ingredients:

6 cups mixed salad greens of choice
¼ red onion, cut into small slices
8 ounces strawberries, quartered

Walnut-Hemp Clusters:

½ cup raw walnut halves
3 tablespoons raw hemp seeds
¼ teaspoon ground cinnamon
1/8 teaspoon salt
1 ½ tablespoons maple syrup

Walnut-Balsamic Vinaigrette:

2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
3 tablespoons walnut oil
2 tablespoons extra-virgin olive oil
¼ teaspoon salt and pepper or more to taste

(Makes about ½ cup dressing; serving size is 1 tablespoon dressing for side salad and 2 tablespoons if having salad as a meal.)

Directions:

1. To make the walnut-hemp clusters, line a baking sheet with parchment paper.
2. Combine hemp seeds, cinnamon and salt in a small bowl and set aside.
3. Heat a small skillet over medium heat and add the walnuts; toast for 5-6 minutes or until they become fragrant, stirring often.
4. Add hemp seed mixture and cook for 1 minute, stirring constantly.
5. Stir in maple syrup and cook for an additional 2-3 minutes, stirring constantly.
6. Spread mixture onto prepared baking sheet and let sit for 5-10 minutes or until cool, then break apart the mixture into clusters.
7. Whisk all dressing ingredients together and set aside.
8. Combine greens, strawberries, and onions in a large salad bowl or on individual salad plates.
9. Top with walnut-hemp clusters and desired amount of dressing before serving.

Tips and Tricks:

You can change up the fruit in this salad to meet your preference or what's available at the grocery store- raspberries, pears, or grapes would all be lovely here. Toss your choice of clean protein on top of this salad for a great lunch option – feta or goat cheese, grilled chicken, or tofu would all be great options!

I also recommend doubling the walnut-hemp clusters because they may just become your new favorite salad topper or snack 😊

Nutritional Information Per Serving:

Calories: 271
Fat: 21 g
Cholesterol: 0 mg
Sodium: 115 mg
Total Carbohydrate: 15.6 g
Dietary Fiber: 4.4 g
Sugars: 7.0 g
Protein: 6.5 g