

## Blueberry Spinach Salad with Honey Balsamic Dressing

No boring salads here! Made with fresh spinach, blueberries, dried cranberries and pecans and finished with a 4-ingredient honey balsamic dressing. The best summery salad!

Prep Time: 10 minutes

### Ingredients

#### Salad

3 cups fresh spinach 3 ounces  
1/2 cup pecans, chopped  
1/2 cup dried cranberries I like the low/no sugar type!  
1/2 cup feta cheese  
1/2 cup fresh blueberries

#### Honey Balsamic Dressing

1 tbsp olive oil  
1 tbsp water  
3 tbsp honey  
2 tbsp balsamic

### Instructions

**Make the Salad:** Toss all salad ingredients together.

**Make the dressing:** Add all dressing ingredients to a mason jar and, with the lid on TIGHT, shake well.

**Serve + Store + Meal Prep Tips:** If making this salad for a potluck-type event where it's all going to get eaten the same day, pour the dressing on right before serving. Or, set it on the side in a jar and let people dress their own portions.

If you're making this for meal prep, I recommend portioning out the salad into reusable glass containers. Don't put the dressing on the salad until you are ready to eat it or it will get soggy!

Serve leftover un-dressed salad covered in the fridge, and leave dressing in a sealed container at room temp for up to 4 days.

Source: [https://bluebowlrecipes.com/wprm\\_print/blueberry-spinach-salad-with-honey-balsamic-dressing](https://bluebowlrecipes.com/wprm_print/blueberry-spinach-salad-with-honey-balsamic-dressing)