



URBAN MINISTRY INC.

Berry Berry Not Contrary

SERVES

6-8 AS A SIDE SALAD

YUM! Adapted from Bitty's Berrylicious Salad

INGREDIENTS

- 1 lb Spinach, Chopped
- ¾ cup Green Cabbage, Shredded
- ¼ cup Red Cabbage, Shredded
- 1 lg Head Romaine, Chopped
- 2+ cups Strawberries, Washed & Quartered
- 2 cups Blueberries, Washed
- ¼ cup Sliced Almonds

Balsamic Vinaigrette

- 1 cup Grapeseed Oil
- ½ cup Balsamic Vinegar
- ¼ cup Agave
- 2 tbsps Dijon Mustard
- 1 tsp Fresh Thyme, Chopped

Pinch Himalayan Sea Salt & Fresh Cracked Black Pepper

Description

Chop greens (spinach, cabbages, romaine) & toss together, sprinkle with salt and pepper & set aside.

Layer with strawberries, blueberries, and almonds. Drizzle the top of the salad with the vinaigrette & mix in.

Plate on a beautiful white plate and sprinkle with a few more almonds and black pepper and serve.



We cover what matters.