

## Strawberry Blue Cheese Salad

3 cups spring mix or baby spinach  
1 cup quartered strawberries  
¼ cup crumbled blue cheese  
¼ cup cashews  
Dressing to taste, see recipe

### Honey Vinaigrette:

2 tbsp honey  
2 tbsp white balsamic  
1 tbsp red wine vinegar  
1 tsp Dijon mustard  
Pinch of salt  
¼ cup olive oil



This is, to put it mildly, my favorite green salad. It's a delicious combination of fruity and tart, sweet and creamy, crisp and juicy. And, funnily enough, I can't take credit for this recipe. My lovely fiancé introduced me to the wonderful combination of blue cheese and strawberries when he made this salad for me. He has a general rule of thumb when making a salad: some kind of lettuce, a cheese, a nut, a fruit, and a good vinaigrette. I've followed it happily and had many successes, but this is still my favorite version.

If you don't like cashews, I highly recommend praline pecans. If blue cheese isn't your thing, use feta. Sometimes blue cheese doesn't want to crumble and will instead just turn to mush and make a mess. My trick is to freeze it until it's solid, then grate it on a box grater, directly over your salad.

Put all dressing ingredients in a bowl, and whisk until thoroughly combined. Alternatively, put it all in a jar and shake the heck out of it (especially a good idea if there's a small child that needs some entertainment). Dip a piece of lettuce into the dressing to taste it, instead of dipping a spoon. After all, you're going to eat this on lettuce, and not a spoon. You might want more salt or vinegar. You also might have heard that you need to add oil in slowly when making a vinaigrette. Usually, that is the case. But both honey and mustard are emulsifiers, and there is enough of them in this recipe that it will come together easily.

Layer up your salad. I like to go greens, strawberries, nuts, cheese, and then dressing. It will seem like a lot of berries. This is the point.

We often have just this for dinner when the season is right. It's surprisingly filling and hearty enough to be satisfying for a meal.