

Raspberry Spinach Ribbon Salad

Serves 4

Adapted from [Minimalist Baker's Everyday Cooking](#)

Dressing

¾ cup good quality balsamic vinegar
½ cup olive oil
2/3 fresh raspberries
Pinch of salt & pepper

Onions

½ cup red wine vinegar
½ cup water
1 Tbsp cane sugar
¼ tsp salt
½ red onion **thinly** sliced



Salad

1 cup **roasted** slivered almonds
4 cups of baby spinach sliced thinly into “ribbons”
2 cups of fresh raspberries or strawberries
½ cup fresh pomegranate seeds
¼ cup white sesame seeds (optional but adds more calcium)

Dressing

Over medium heat add the balsamic vinegar. When the vinegar reaches a low boil, reduce the heat to low-medium and continue cooking for 15-20 minutes, or until reduced by half.

While cooling prepare the onions.

Combine the red wine vinegar, water, sugar and salt in a small bowl or mason jar.

Whisk or shake to combine.

Add the onions, cover and place in the refrigerator to infuse. (Can be done hours ahead of time.)

To a blender or food processor add the reduced balsamic vinegar and remaining dressing ingredients.

Blend to combine the dressing ingredients. Make sure the balsamic vinegar is all mix in. (this dressing is so delicious you will want a spoon to eat it)

Salad

Place the spinach in a bowl and add enough dressing to generously coat the greens.

Place the spinach on a plate and place raspberries and pomegranate seeds over the greens.

Add the pickled onions, slivered almonds and sprinkle with sesame seeds.