Strawberry Spinach Salad with Poppy Seed Dressing

Serves 4

For the Salad:

10 ozz fresh baby spinach

2 cups ripe strawberries, hulled and sliced

¼ cup red onion, thinly sliced

1/3 cup pecans

4 ounces feta or goat cheese

1 avocado sliced

On a large platter sprinkle each ingredient in the order listed in the recipe.

For the Dressing:

¼ cup olive oil

2 tablespoons plain nonfat Greek yogurt

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

2 teaspoons honey

2 teaspoons poppyseeds

1/8 teaspoon salt

Place all the ingredients into a mason jar and cover and shake to mix.

Drizzle over salad.