

# Blueberry Spinach Salad with Balsamic Dressing

Recipe By *Sina Mizrahi*



Cooking and Prep:  05  
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Serves:  2

Contains:  

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Shavuot, Nine

Days

**Diet:** Vegetarian, Gluten Free,

Low Fat, Low Carb, Sugar Free

**Source:** Relish by Binah

Magazine

I love blueberry season! Once it arrives, I find myself looking for ways to use them in both sweet and savory dishes. This salad contrasts the berries' sweet and tart flavor against the soft mozzarella, nutty pistachios, and smooth spinach. All dressed in a sweet and tangy vinaigrette. It's a really nice balance of tastes and textures!

## Ingredients (9)

### Salad

- 3 cups loosely packed fresh spinach, washed and checked
- 1 cup fresh blueberries
- 1/4 red onion, finely diced

- 1 tablespoon roasted pistachios, roughly chopped
- 2-3 slices (or 1/2 ball) fresh mozzarella, torn into pieces

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### Dressing

- 1 tablespoon **Gefen Olive Oil**
  - 1/2 tablespoon **Bartenura Balsamic Vinegar**
  - 1 tablespoon maple syrup
  - 1 teaspoon **Tuscanini Sea Salt**
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## Start Cooking

### For the Salad

1. In a large mixing bowl, toss the spinach, blueberries, red onion, pistachios, and mozzarella. Pour the dressing over the salad and toss well.

#### Note:

This salad is best eaten the same day, as the balsamic dressing is very acidic and will wilt the greens if left overnight in the fridge.