



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **SPRING GREENS WITH STRAWBERRIES**

**Southern Living - February 2011**

Makes 8 servings

- ½ cup olive oil
- ¼ cup red wine vinegar
- 3 tablespoons honey
- 1 small shallot, finely chopped
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 (5-oz) package arugula
- 1 (4-oz) package watercress
- 1 pint fresh strawberries, sliced
- ¼ cup chopped fresh dill
- 1 avocado, cut into 1-inch pieces

- Whisk together first 7 ingredients in a small bowl until blended. Cover and chill until ready to serve.
- Toss together arugula and next 3 ingredients in a large bowl. Top with avocado, and drizzle with half of vinaigrette just before serving; toss.
- Serve with remaining vinaigrette.