

**Recipe for:** Spinach Mango Salad

**Ingredients:**

1 bag baby spinach  
3 cups torn red lettuce or spring mix  
1 cup cubed mango  
1 Tbsp. poppy seeds  
2 Tbsp. balsamic vinegar  
2 Tbsp. rice wine vinegar  
1 Tbsp. honey  
1 ½ tsp. coarse-grain mustard  
Pinch of freshly ground black pepper  
Pinch of ground cardamom (optional)

Optional: Strawberries, orange slices, pears, avocado

**Preparation:**

In a large bowl, combine spinach, lettuce, mango, and poppy seeds.

In a small bowl, whisk together the seeds and other ingredients.

Pour dressing over salad and toss well. This salad can be made with fresh strawberries, orange slices, pears or avocado slices.