

Easy  
Nutritious  
Family  
Friendly

Meals the  
*Whole Family*  
Will Love!

# My RECIPE for JUNE

DELICIOUS • HEALTHY • MADE WITH LOVE

Simple  
Ingredients  
Amazing  
Meals  
Happy  
Families!

Fresh  
Flavours for  
Every Day



**GOOD FOR  
YOUR HEALTH**

Packed with nutrients  
for a healthier you  
and your family.



**QUICK & EASY  
MEALS**

Simple recipes  
perfect for busy  
days.



**PERFECT  
FOR FAMILIES**

Meals everyone  
will enjoy around  
the table.



**FRESH &  
SEASONAL**

Celebrate the best  
ingredients June  
has to offer.

*Eat Well*  *Live Well*  *Enjoy June!* 

*From Lydia's Kitchen*

## Strawberry Spinach Salad

Fresh • Colourful • Nutritious

This delicious Strawberry Spinach Salad combines sweet strawberries, fresh spinach,

creamy feta cheese, crunchy nuts, and a light honey-balsamic dressing. It is packed with vitamins, antioxidants, fibre, and healthy fats, making it perfect for families looking for a healthy and satisfying meal.

### Serves

4–6 people

### Preparation Time

**15 minutes**

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### Ingredients

#### For the Salad

- 6 cups fresh baby spinach
- 2 cups fresh strawberries, sliced
- 1 avocado, diced
- ½ cup crumbled feta cheese
- ½ cup walnuts or pecans, chopped
- ¼ cup sunflower seeds
- ¼ small red onion, thinly sliced (optional)

#### For the Dressing

- 3 tablespoons extra virgin olive oil
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon honey
  - 1 teaspoon Dijon mustard
  - Salt and black pepper to taste
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## Instructions

### Step 1

Wash and dry the spinach thoroughly.

### Step 2

Slice the strawberries and avocado.

### Step 3

Place spinach in a large serving bowl.

### Step 4

Add strawberries, avocado, red onion, feta cheese, walnuts, and sunflower seeds.

### Step 5

In a small bowl, whisk together olive oil, balsamic vinegar, honey, mustard, salt, and pepper.

### Step 6

Drizzled dressing over the salad just before serving.

### Step 7

Toss gently and serve immediately.

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## Family Serving Ideas

This salad works wonderfully as:

### Main Meal

- Grilled chicken breast
- Lemon herb chicken
- Baked salmon
- Grilled turkey strips

### Side Dish

- Roast chicken dinner
- Barbecue meals
- Burgers
- Pasta dishes

## Lunch Option

- Wholemeal wraps
- Crusty bread rolls
- Soup and salad combination

## Vegetarian Option

- Quinoa
  - Chickpeas
  - Lentils
  - Grilled halloumi
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## Why Families Love This Recipe

- ✓ Ready in 15 minutes
  - ✓ Packed with vitamins and minerals
  - ✓ Encourages children to eat more fruit and vegetables
  - ✓ Perfect for picnics and summer gatherings
  - ✓ Naturally colourful and appealing
  - ✓ Easily adapted for different dietary needs
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## Nutritional Information

### Per Serving(Basedon6Servings)

- Calories: 245
- Protein: 6g
- Carbohydrates: 15g
- Fibre: 5g
- Sugars: 8g
- Fat: 18g
- Saturated Fat: 3g
- Omega-3 Fatty Acids: 1.2g
- Sodium: 180mg
- Vitamin A: 70% DV
- Vitamin C: 65% DV
- Vitamin K: 120% DV
- Folate: 15% DV
- Potassium: 12% DV

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## Health Benefits

### Strawberries

Rich in antioxidants and Vitamin C, supporting immunity and heart health.

### Spinach

Packed with iron, Vitamin K, folate, and fibre.

### Avocado

Provides healthy fats that support brain and heart health.

### Nuts and Seeds

An excellent source of protein, healthy fats, and essential minerals.

### Olive Oil

Contains heart-healthy monounsaturated fats and antioxidants.

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## Chef's Tip

For extra protein, add grilled chicken, boiled eggs, or chickpeas. For a dairy-free version, simply omit the feta cheese.

Eat Well • Live Well • Enjoy June!

