

# Autumn Apple Salad with Apple Cider Vinaigrette

**Serves:** 4

## **Ingredients:**

1/3 cup extra virgin olive oil

1/4 cup apple cider vinegar

1 clove garlic, minced or grated/pressed

1 teaspoon Dijon mustard

1 teaspoon honey

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 Pink Lady apple, skin on, diced into half-inch cubes (any tart and firm variety will work)

5 ounces fresh spinach and/or mixed greens

1/2 cup pecans, toasted (optional) and roughly chopped

1/4 cup red onion, thinly sliced

1/3 cup blue cheese crumbles

## **Directions:**

### **Prepare the vinaigrette first:**

In a small bowl, jar or measuring cup, add the olive oil, vinegar, garlic, mustard, honey, salt and pepper. Whisk or shake vigorously until creamy and well combined. Taste and add more seasoning as desired.

Add the diced apples to the dressing. Stir to combine and let rest at room temperature for at least 15 minutes or up to one hour. The dressing may be prepared without the apples and refrigerated up to one week in advance, adding the apples 15 to 60 minutes before serving. When ready to serve, pour the dressing through a strainer to separate the liquid from the apples.

### **To assemble the salad:**

In a large bowl, add the greens, apples, pecans, red onion, blue cheese crumbles. Pour half of the dressing over the salad and toss until well combined. Taste and add more salt, pepper and dressing. Save any remaining vinaigrette to use later in another salad. Serve and enjoy.