

## Holiday Honey Crisp Salad

### Ingredients:

½ cup light vegetable oil such as sunflower or safflower OR extra virgin olive oil

¼ cup Apple Cider Vinegar

¼ cup of unsweetened apple juice OR Apple Cider

2 to 3 tablespoons of honey

1 tablespoon lemon juice

½ teaspoon salt

Freshly ground black pepper (to taste)

3 medium Honey Crisp Apples (about 1 lb.) thinly sliced.

Juice of ½ lemon

12 ounces salad greens (spring mix, baby spinach, arugula, baby romaine, or a combo of your favorites)

1 cup pecan halves (toasted or candied).

¾ cup dried cranberries OR dried cherries

4 ounces of crumbled blue cheese

---

### Instructions:

- 1.) To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl or blend them in a blender or mini food processor.
- 2.) Place appl slices in a large plastic baggie and squeeze the fresh lemon juice (from the lemon half) over them. Close the bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette and toss until salad ingredients are evenly coated.

---

Servings: 8-10/ Prep time: 20 minutes/ Calories: 280 calories / Carbohydrates: 24g/ Protein: 5g/ Fat: 20g/ Saturated Fat: 9g