

Apple, Blue Cheese & Walnut Salad



A bright and tangy balsamic vinaigrette is the perfect dressing for this salad featuring a classic combination of crisp apple, bold blue cheese, and toasted walnuts.

YEILD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
-----------------------------------	----------------------------------	------------------------------------

INGREDIENTS

For the Balsamic Vinaigrette:

½ cup	Extra Virgin Olive Oil
¼ cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Salt, Kosher
To taste	Black Pepper, ground

For the Salad:

8 cups	Mixed Greens, any variety
1 each	Apple, any variety, sliced thin
⅓ cup	Blue Cheese, crumbled
⅓ cup	Walnuts, toasted, chopped

CHEF'S NOTES

This salad dressing used a 2 to 1 ratio of olive oil to vinegar, resulting in fewer calories, a lighter mouthfeel, and a more vibrant, zingy flavor. Leftover dressing will keep for up to a week in the refrigerator. Allow to come to room temperature and give the jar a shake before using.

Other fruits, cheeses, and nuts or seeds can be swapped into this simple salad to suit your tastes. Some other tasty combos to try:

- Strawberry, goat cheese, & pistachio
- Mandarin, feta, & pecan
- Grapes, brie, & sunflower seeds

DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. In a small container with a lid (such as a jar), combine all ingredients for dressing. Shake well to combine and set aside.
3. To assemble the salad: place the greens in a large bowl and top with the sliced apples, dried cherries, blue cheese, and toasted nuts.
4. Right before serving, toss with about 1/3 cup of the vinaigrette.

Nutrition Facts

8 servings per container

Serving size 1 cup dressed salad (75g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 125mg **5%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes <1g Added Sugars **1%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.6mg 4%

Potassium 170mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WALNUT



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

