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	PREP TIME	TOTAL TIME
8 SERVINGS	5 MIN	15 MIN

INGREDIENTS

For the Balsamic Vinaigrette:

Extra Virgin Olive Oil 1/2 CUP **Balsamic Vinegar** ¼ cup 1 Tbsp Dijon Mustard Honev 1Tbsp 1tsp Garlic Powder $\frac{1}{2}$ tsp Thyme, dried $\frac{1}{2}$ tsp Oregano, dried $\frac{1}{2}$ tsp Salt, Kosher To taste Black Pepper, ground

For the Salad:

- 8 cups Mixed Greens, any variety
- 1 each Apple, any variety, sliced thin
- 1/3 cupBlue Cheese, crumbled
- 1/3 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%
<i>Trans</i> 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 food contributes to a daily diet. 2,000 ca	a nutrient in a serving

general nutrition advice.

CONTAINS: MILK, WALNUT









@culinarymedicine

Goldring Center for Culinary Medicine