

Crisp fall salad with apple cider vinaigrette

Ingredients

Apple cider vinaigrette

- 3 tablespoons apple cider vinegar
- ½ teaspoon Dijon mustard
- 1 teaspoon minced shallot or garlic
- ½ teaspoon Italian seasoning
- 1 teaspoon honey, maple syrup or date syrup
- 3 tablespoons extra virgin olive oil
- Salt and pepper to taste

Salad

- 6 cups leafy greens
- 1 carrot, shredded
- 1 cucumber, sliced
- 1 tomato, diced or cut into wedges
- ½ red onion, thinly sliced
- 1 apple, diced or cut into thin wedges (use crisp varieties like Honeycrisp, Fuji, Pink Lady)
- ¼ cup toasted walnuts
- 1 15-ounce can cannellini beans, drained and rinsed
- 4-6 tablespoons apple cider vinaigrette



Nutritional information

Servings: 4

Cost: \$8.35/\$2.09 per serving

Calories: 268 per serving

Directions

- Combine all vinaigrette ingredients in bowl, except oil.
- Whisk together and slowly drizzle in the olive oil.
- Season with salt and pepper.
- Combine all salad ingredients and dress with vinaigrette.

Note: For longer shelf life, add vinaigrette when salad is served.

Alternative: Combine vinaigrette ingredients in Mason jar, shake until thoroughly mixed. Cover and refrigerate up to 7 days.