



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## APPLE CRANBERRY WALNUT SALAD

TIME:10 mins; TOTAL TIME:10 mins; Serves: 4-6

<http://lecremedelacrumb.com/2014/10/apple-cranberry-walnut-salad.html>, by Tiffany; Modifications in red by Laura McKay, B.S., Health Educator. This is a non-rotate recipe for those following the Bon Appetit Rotation Diet

Crisp apples, dried cranberries, feta cheese, and hearty walnuts come together in a fresh Autumn salad.



### INGREDIENTS:

6 cups salad (I used a combination of arugula and baby spinach, any spring green mix will do)

1 red apple

1 green apple

1 cup walnuts, roughly chopped (such as Diamond of California)

1/3 cup crumbled feta cheese (can use crumbled goat cheese instead. Omit, if dairy/mold sensitive)

1/3 cup dried cranberries

dressing (see note)

1 cup apple juice

4 tablespoons apple cider vinegar (or white vinegar in a pinch) (use fresh lemon, lime or grapefruit or orange juice instead. Cut back to 1-2 tbsp of fresh juice and replace the difference with additional apple juice. Otherwise, the fresh juice will dominate the flavor.)

2 tablespoons honey

scant 1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 cup oil (I suggest a grapeseed, walnut or an oil that is lighter in flavor)

### INSTRUCTIONS:

Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl. Whisk together all dressing ingredients. Toss with salad immediately before serving. Enjoy!

\*I also love poppyseed dressing with this salad!

\*\*Recipe can easily be doubled or tripled for a larger group.

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