



Apple Walnut Salad



Salad:

6 c spinach leaves

2 apples, chopped (gala, fuji, or golden delicious)

4 T chopped red onion

½ c chopped walnuts, toasted*

Dressing:

3 T extra-virgin olive oil

2 T lemon juice

1 T apple cider vinegar

2 T honey

salt and fresh ground pepper to taste

Toss salad ingredients in large bowl. Whisk dressing ingredients in separate bowl. Pour dressing over salad and serve immediately.

*To toast nuts, spread in single layer on baking sheet and bake at 350°F for 8-10 minutes, stirring every few minutes.