

APPLE WALNUT SALAD WITH APPLE VINAIGRETTE



Makes 6 servings

Ingredients

Salad

- 6 cups (about 1 10-oz package) spring mix or baby spinach
- 1 red apple, cored and cut into slivers
- ½ cup roasted walnuts, chopped
- 2 celery stalks, chopped
- ⅓ cup reduced-fat cheddar cubes
- ⅓ cup dried cranberries

Vinaigrette

- ¼ cup apple juice
- ¼ cup water
- 2 Tbsp apple cider vinegar
- 1 Tbsp honey
- ½ tsp salt
- ¼ tsp black pepper
- 3 Tbsp vegetable oil

Directions

- 1** Toss spring mix, apples, walnuts, celery, cheese, and cranberries in a large bowl.
- 2** In a small bowl, whisk together all dressing ingredients.
- 3** Toss salad with dressing and serve.

