

THANKSGIVING SALAD

SERVES: 10 | SERVING SIZE: about 1 cup | PREP: 15 minutes | READY: 25 minutes

INGREDIENTS

Salad dressing

- 3 tablespoons maple syrup
- 3 tablespoons white wine vinegar
- 2 tablespoons neutral oil, such as canola or avocado oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Salad

- 10-ounce package spring mix lettuce greens, or other type of baby lettuce greens
- 1 large apple, cut into thin slices (Cosmic Crisp, Pink Lady, or Honeycrisp work well)
- 1/2 cup toasted pecans or walnuts
- 1/3 cup crumbled gorgonzola or blue cheese
- 1/3 cup dried cranberries or dried cherries
- 1/4 cup thinly sliced red onion



DIRECTIONS

To prepare salad dressing, add maple syrup, vinegar, oil, mustard, tarragon, salt, and pepper to a jar with a tight-fitting lid. Shake well to combine and refrigerate until ready to use.

When ready to serve the salad, place washed and dried lettuce greens in a large bowl. Add **all but 2 tablespoons of the dressing** and toss to combine. Place tossed salad greens in a serving bowl and top with sliced apples, pecans, gorgonzola cheese, dried cranberries, and onion. Drizzle top of salad with **reserved 2 tablespoons dressing** and serve.

Cook's note: Spring mix lettuce greens wilt quickly after the salad dressing is added, so prepare this salad just before serving. Also, if the dressing has been refrigerated and the oil has solidified somewhat, allow the dressing to come to room temperature before adding it to the lettuce greens.

NUTRITION INFORMATION PER SERVING

131 calories, 8 g total fat, 1 g saturated fat, 0 g trans fat, 3 mg cholesterol, 123 mg sodium, 13 g total carbohydrate, 2 g dietary fiber, 10 g total sugars, 4 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 46 mg (4%) calcium, 0 mg (0%) iron, 67 mg (2%) potassium

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