

Seasonal Salad

Ingredients:

- 4 cups greens, such as mesclun, baby spinach or arugula
- ½ cup crumbled goat cheese (or your favorite cheese)
- ½ cup pecans (can sub with walnuts, pistachios or almonds)
- ½ cup apples, chopped (can sub with clementines, pears or pomegranate)

Directions:

- Combine ingredients in large serving bowl and toss with dressing, or compose 4 plates with 1 cup greens and 2 Tbsp. of each topping



Simple Salad Dressing

Ingredients:

- ¼ cup olive oil
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. shallots, minced
- 1 tsp honey
- 1 tsp mustard
- Salt & pepper to taste

Directions:

- Combine ingredients in mason jar and shake; multiply recipe as needed

