

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Apple and Cranberry Salad

From [www.fiveearthhome.com](http://www.fiveearthhome.com)

### Apple Cider Vinaigrette

1/2 cup extra-virgin olive oil

1/4 cup apple cider vinegar

1/4 cup unsweetened apple juice or apple cider

2 to 3 tablespoons honey

1 tablespoon lemon juice

1/2 teaspoon salt

Freshly ground black pepper, to taste

### Salad

3 medium Honeycrisp apples (about 1 pound), thinly sliced (or apple of choice)

Juice of 1/2 lemon

12 ounces salad greens (spring mix, baby spinach, arugula, baby romaine, or a combo of your favorites)

1 cup pecan halves, toasted

3/4 cup dried cranberries or dried cherries

4 ounces crumbled blue cheese, feta cheese, or goat cheese

1. To prepare apple cider vinaigrette, measure all ingredients into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl, or blend them in a blender or mini food processor.
2. Place apple slices in a large plastic baggie and squeeze fresh lemon juice over them. Close bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of apple cider vinaigrette and toss until salad ingredients are evenly coated.