

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chopped Spinach and Smoked Gouda Salad with Honey Dijon Vinaigrette

from www.melskitchencafe.com

Smoked gouda has a very strong, distinctive, delicious flavor - if you aren't a fan, try subbing in another soft cheese like regular gouda, havarti, or monterey jack.

Dressing:

10 tablespoons honey
5 tablespoons Dijon mustard
4 tablespoons rice vinegar

Salad:

6 ounces baby or regular spinach, chopped
1/2 cup sweet, crisp apple, peeled and diced
1/4 cup finely chopped shallot or red onion
1/2 cup diced red bell pepper
1/2 cup smoked Gouda cheese, cubed
1/3 cup chopped lightly salted almonds, toasted

1. For the dressing, combine all the ingredients in a blender and process until smooth. Refrigerate until ready to serve (or up to a week or so).
2. For the salad, toss all the salad ingredients together. Add the dressing, to taste, and toss to combine or serve individual servings with the dressing alongside.