

Roasted Apple Salad

Roasted apples and Cheddar cheese turn an ordinary mixed green salad into something extra-special. You can use pears for this recipe as well.

Salad

- 2 apples, preferably Fuji, peeled and cut into wedges
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil
- 4 sprigs fresh thyme, or 1/4 teaspoon dried
- 1/4 cup chopped walnuts
- 3 cups baby spinach, or torn spinach leaves
- 3 cups torn Boston lettuce

Dressing

- 3 tablespoons red-wine vinegar
- 2 tablespoons apple juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1/8 teaspoon salt



Preparation

1. Preheat oven to 400°F.
2. To prepare dressing: Whisk vinegar, apple juice, 1 tablespoon oil, honey, mustard, salt and pepper in a small bowl.
3. To roast apples and prepare salad: Toss apples with 2 teaspoons oil and thyme in a medium bowl; spread evenly on a baking sheet. Roast, turning once or twice, until the apples are soft and golden, 25 to 30 minutes. Discard fresh thyme, if using. Let cool.
4. While the apples are roasting, toast walnuts in a small baking pan until fragrant, about 5 minutes. Let cool.
Just before serving, combine spinach, lettuce and endive in a large bowl; toss gently to mix.
Divide the greens among 6 plates, drizzle with dressing and top with cheese, roasted apples and walnuts.
Serve immediately.

Nutritional Content: Per serving: 191 calories; 14 g fat (4 g sat , 5 g mono); 13 mg cholesterol; 14 g carbohydrates; 4 g protein; 4 g fiber; 173 mg sodium; 230 mg potassium. Nutrition Bonus: Vitamin A (40% daily value), Folate (15% dv), Fiber (15% dv).

