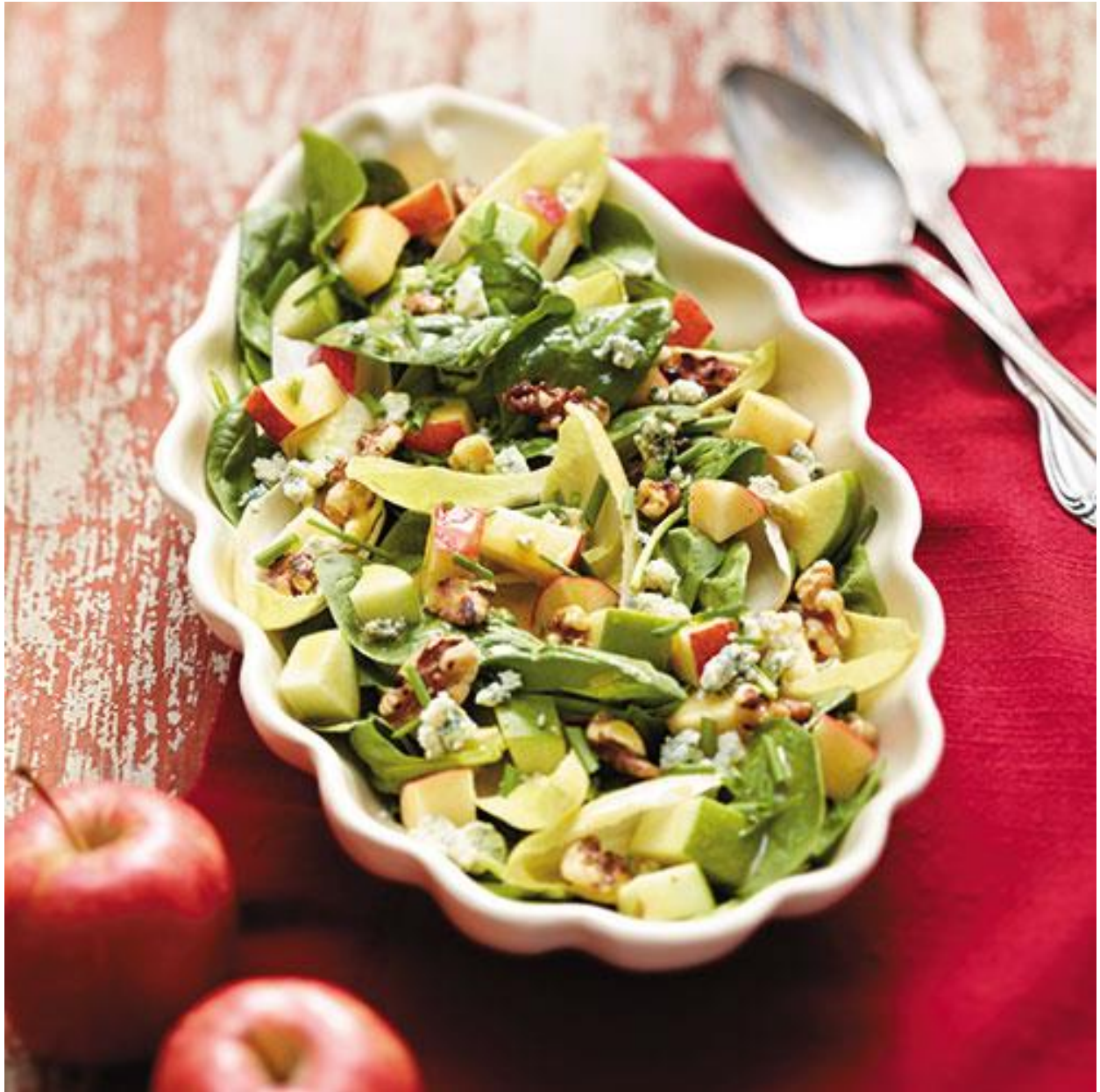


Apple Walnut Salad

[Recipe](#)



Nutrition Facts:

PER SERVING

Apple-Walnut Salad

Makes: 6 servings

Serving Size: 1 cup

| | |
|---------------|--------|
| Calories | 140 |
| Fat | 11 g |
| Saturated Fat | 1.5 g |
| Trans Fat | 0 g |
| Carbohydrate | 11 g |
| Fiber | 2 g |
| Sugars | 7 g |
| Cholesterol | 0 mg |
| Sodium | 145 mg |
| Potassium | 224 mg |
| Protein | 2 g |
| Phosphorus | 40 mg |

Choices: Fruit 0.5, Nonstarchy Vegetable 1, Fat 2

Preparation Time:

15 minutes

Servings:

6 servings

Serving Size:

1 cup Ingredients:

Salad

- 2: medium apples; one tart one sweet, unpeeled and cubed
- 2 cups: baby spinach
- 1 cup: sliced Belgian endive
- ¼ cup: toasted chopped walnuts
- 3 tbsp: crumbled blue cheese

Dressing

- 2 tbsp: red wine vinegar
- 1 tbsp: fresh lemon juice
- 1 tsp: Dijon mustard
- ½ tsp: honey
- ¼ cup: olive oil
- ¼ tsp: sea salt
- ¼ tsp: freshly ground black pepper
- 2 tbsp: finely minced fresh chives

Directions:

1. In a large bowl, toss the apples, spinach, endive, walnuts, and blue cheese to combine.
2. In a small bowl, whisk together the vinegar, lemon juice, mustard, and honey. Add the oil in a thin stream, whisking to emulsify. Whisk in the salt and pepper.
3. Pour the dressing on the salad and toss gently. Place the salad in a serving bowl and sprinkle with the chives.