

# Winter Mixed Greens Salad With Maple Cider Vinaigrette

## Ingredients

### Salad ingredients:

- 5 oz. organic spring mix
- 1 medium sized apple, cored and thinly sliced
- 1 cup chopped pecans
- 6 oz. feta cheese crumbles
- ½ cup dried cranberries
- 4 oz. pomegranate arils (seeds)
- ½ small red onion, thinly sliced

### Dressing ingredients:

- ½ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- 2 Tbsp. pure maple syrup
- 2 tsp. whole grain or Dijon mustard
- 2 cloves garlic, minced
- Sea salt and fresh ground black pepper to taste



Prepare the dressing (can be made up to 3 days in advance). Assemble the salad, toss with dressing and serve!

## Variations

- Lettuce: You can substitute any greens of choice. Spinach, kale, shredded brussels sprouts, arugula
- Nuts: Any chopped nuts or seeds could work- walnuts, slivered almonds, pistachios, pumpkin seeds, sunflower seeds, or none
- Cheese: Goat cheese or raw cheddar cheese or none for a dairy free option
- Vegetables/Fruits: Substitute or add pear, roasted butternut squash, orange or grapefruit supremes (segments), fennel, or roasted beets