



# HEALTHY COOKING

## Seasonal Salad with a Simple Dressing

### Salad Ingredients:

4 cups greens, such as mesclun, baby spinach or arugula  
1/2 cup crumbled goat cheese (or your favorite cheese)  
1/2 cup pecans (can sub with walnuts, pistachios or almonds)  
1/2 cup apples, chopped (can sub with clementines, pears or pomegranates)

### Directions:

Combine ingredients in a large serving bowl and toss with dressing or compose 4 plates with 1 cup greens and 2 Tbsp. of each topping.

### Salad Dressing:

1/4 cup olive oil  
2 Tbsp. apple cider vinegar  
2 Tbsp. shallots, minced  
1 tsp. honey  
1 tsp. mustard  
Salt and pepper to taste

### Directions:

Combine ingredients in a mason jar and shake; multiply recipe as needed.