

Mixed Green Salad with Orange-Maple Syrup Vinaigrette

This colorful salad is packed with the nutrients we need during the short, dark days of winter. The greens and fruit provide us with plenty of Vitamin C, potassium, and fiber. The nuts are filled with heart healthy fats, protein and antioxidants. You'll love the citrusy dressing, and it will become your go-to dressing for other salads too!

Makes: 8 side dish servings

Ingredients:

- ½ cup walnuts or almonds
- 8 ounces mixed salad greens
- 1 large green apple, peeled and diced
- 1 medium orange, outside rind and inner membrane removed*
- 6 ounces crumbly cheese (feta, blue or goat)- optional

For the dressing:

- 3 Tbsp apple cider vinegar
- 1 tsp. grated orange zest
- 2 Tbsp 100% orange juice
- 2 ½ tsp Dijon mustard
- 2 Tbsp pure maple syrup
- Kosher salt and pepper to taste
- ⅔ cup olive oil

Directions

1. In a small pan, toast nuts, stirring often until lightly browned. Remove from pan to a cutting board and chop coarsely. Set aside.
2. In a large bowl, combine salad greens, diced apple and orange slices.
3. For the dressing, whisk together the vinegar, orange zest, orange juice, mustard, maple syrup, salt, and pepper to taste in a bowl. Slowly whisk in the olive oil.
4. Add dressing to the greens and mix well. Top with toasted nuts and cheese, if using.
5. Serve immediately.

Chef notes:

To section an orange, using a sharp paring knife, slice off the top and bottom of the orange. Starting from the top, slice away the rind and inner peel (membrane), following the shape of the orange. You should end up with the orange intact, but with all the sections exposed (without the membrane). Holding the peeled orange in one hand, cut out each orange section into a small bowl. Use the sectioned oranges in salads or as a garnish to desserts.

Adapted from Ina Garten's Cape Cod Chopped Salad

Nutrition info: 323 Calories, 7 g Saturated Fat, 294 mg Sodium, 7g Added Sugars