

Spinach, Arugula and Apple Salad with Apple Vinaigrette

Ingredients

FOR THE SALAD

- 4-6 cups spinach
- 1-2 cups arugula
- 1 apple, chopped into bite-sized pieces
- ¼ cup pumpkin seeds, toasted

FOR THE APPLE VINAIGRETTE

- ½ apple (any sweet, crisp variety)
- ½ medium shallot
- ½ Tablespoon Dijon or horseradish mustard
- 2 Tablespoons white wine vinegar
- 6 Tablespoons extra virgin olive oil
- 1 ½ teaspoons lemon juice
- a dash of salt

Method

To make the salad: Place the spinach and arugula in a serving bowl. Place apples on top of greens. Add pumpkin seeds.

To make the vinaigrette: Core the apple. Peel the shallot. Chop apple and shallot roughly for easier blending. Add all ingredients to a blender and pulse until the dressing is smooth.

Refrigerate in a glass, air-tight container. Use within 7-10 days for best quality.

Source: vinaigrette modified from Lyubov Brooke of <https://www.willcookformiles.com/apple-vinaigrette/> (4 servings)
