

Mixed Greens Salad

(with sliced apple, berries, shaved brussel sprouts, Maple roasted pecans and goat cheese)

White Balsamic Vinaigrette

¼ cup olive oil
2 tbsp white balsamic vinegar
1 tbsp freshly squeezed lemon juice
2 tsp pure maple syrup or liquid honey
½ tsp Dijon mustard
½ tsp minced garlic
¼ tsp each sea salt and freshly ground black pepper

Salad

6 cups packed mixed greens
1 ½ cups very thinly sliced (shaved) raw brussel sprouts
1 large Gala Apple, or Bartlett pear unpeeled, cored and thinly sliced
½ cup fresh blueberries or raspberries
½ cup crumbled goat cheese
½ cup maple-roasted pecans (recipe below)

Maple Roasted pecans

Line small baking pan with parchment paper. In medium bowl combine 1 ½ cups pecan halves, 2 tbsp maple syrup, 1 tbsp melted butter, ½ tsp ground cinnamon and ¼ tsp sea salt. Stir until well blended. Spread coated pecans in a single layer on the parchment-lined pan. Bake for 10 minutes, give pecans a quick stir, then bake an additional 7 to 10 mins. Keep a close eye as they burn easily. Let cool completely. Use ½ cup or more in salad and save the rest for a snack or another salad.

Preparation

Whisk together all vinaigrette ingredients in a small bowl or measuring cup. Refrigerate until ready to use. Whisk again before drizzling on salad. Just before serving, place greens, brussel sprouts and apples in a very large salad bowl. Add dressing and toss well. Top individual servings with roasted pecans and berries and goat cheese.

Enjoy!!!