

# Harvest Apple Salad

## Ingredients

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- » 4–5 cups of spinach
- » 1–2 honey crisp apples
- » 1 cup cooked quinoa
- » 1/4 cup of pecans
- » 1/5 cup pepita seeds
- » 1/3 cup of cranberries
- » Diced Gouda as desirable

Start off by cooking your quinoa or using pre-cooked. Then you're going to cube and dice the honey crisp apple, and the Gouda. Toss the spinach and the quinoa together, then layer all your ingredients. First apples, then pecans, pepitas, cranberries, lastly top with the cheese on top. Drizzle your vinaigrette on top. Our light shallot vinaigrette goes great with this.

## ★ Shallot Vinaigrette (Session 5)

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- » 1–2 shallots
- » 1 Tbsp. honey
- » 2 Tbsp. white wine vinegar
- » 1/2 tsp. of salt
- » 1 Tbsp. Dijon
- » 1 Tbsp. water

Add the following ingredients to a food processor or blender: two tablespoons of minced shallot, one tablespoon of honey, two tablespoons of white wine vinegar, a half a teaspoon of salt, one tablespoon of Dijon. Blend on high, slowly adding the half a cup of olive oil followed by the one tablespoon of water.