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# *Roasted Apple and Cheddar Salad*

**Prep Time:** 5 mins

**Cook Time:** 35 mins

**Total Time:** 40 mins

## **Ingredients**

- ❖ 3 tablespoon vinegar, red wine
- ❖ 2 tablespoon juice, apple
- ❖ 1 tablespoon oil, olive, extra virgin
- ❖ 1 tablespoon honey
- ❖ 2 teaspoon mustard, Dijon
- ❖ 1/8 teaspoon salt
- ❖ pepper, black ground, freshly ground, to taste
- ❖ 2 medium apple(s), preferably Fuji, peeled and cut into wedges
- ❖ 5 teaspoon oil, olive, extra virgin
- ❖ 4 sprig(s) thyme, fresh, or 1/4 teaspoon dried
- ❖ 1/4 cup(s) nuts, walnuts, chopped
- ❖ 3 cup(s) spinach, baby, or torn spinach leaves
- ❖ 3 cup(s) lettuce, Boston, torn
- ❖ 3 cup(s) lettuce, endive, torn
- ❖ 2/3 cup(s) cheese, cheddar, sharp, grated



## **Preparation**

1. Preheat oven to 400°F.
2. **To prepare dressing:** Whisk vinegar, apple juice, 1 tablespoon oil, honey, mustard, salt and pepper in a small bowl.
3. **To roast apples & prepare salad:** Toss apples with 2 teaspoons oil and thyme in a medium bowl; spread evenly on a baking sheet. Roast, turning once or twice, until the apples are soft and golden, 25 to 30 minutes. Discard fresh thyme, if using. Let cool.
4. While the apples are roasting, toast walnuts in a small baking pan until fragrant, about 5 minutes. Let cool.
5. Just before serving, combine spinach, lettuce and endive in a large bowl; toss gently to mix. Divide the greens among 6 plates, drizzle with dressing and top with cheese, roasted apples and walnuts. Serve immediately