

Autumn Salad with Red Wine Vinaigrette

This salad has a great crunch and a wonderful sweet, tanginess that awakens the senses.

It is also a great way to experience the bounty of in-season apple goodness! The addition of blue cheese (or Feta, if you prefer) gives a nice balance to the crunch by adding some creaminess.

It is easy to put together and will make the perfect amount for a small to medium office potluck.

Ingredients

2 tbsp extra virgin olive oil
2 tbsp red wine vinegar
½ tsp sugar
½ tsp minced garlic
1/8 tsp salt
Pinch of dried basil
Pinch of dried red pepper
9 cups mixed greens
1 large Asian pear, cubed
1 large Granny Smith apple, diced
½ cup red onion, thinly sliced
1 oz blue cheese (or feta)
¼ cup dried cranberries
3 tbsp walnuts
1 cup red seedless grapes, halved



Preparation

1. Combine first 9 ingredients in a bowl and stir with a whisk.
2. Combine rest of ingredients, except cheese, in a large bowl.
3. When ready to serve, drizzle with vinaigrette, toss well to coat. Sprinkle with cheese. Serves 12.

Nutrition (per serving)

93.5 calories, 4.1g fat, 13.8g carbohydrates, 1.8g fibre, 2.3g protein

Nutrition Bonus: Vitamin A (25% of daily value), Vitamin C (46% of daily value), Manganese (12% of daily value)