

YIELDS: 8

Autum Apple Salad

For this particular salad, I decided to utilize the late summer apple that everyone awaits all year long: the honeycrisp. Aside from the crisp sweetness of the apple slices, this salad is filling with a nutty wild rice, and and fresh with a bright lemon dressing. Enjoy as a side or light lunch on it's own, or, add a protein for a hearty, autumnal dinner entree!

PREP TIME	TOTAL TIME
10 Minutes	11.5 Minutes

Ingredients:

Lemon Dressing:

- ¼ C fresh squeezed lemon juice
- 1 TBSP lemon zest
- 1/3 C extra virgin olive oil
- 2 TSP honey
- 2 cloves garlic, minced
- pinch of salt

Salad:

- 2 medium honey crisp apples, sliced thin
- 3 C baby spinach
- 3 C baby arugula
- ½ C dried cherries
- 1 small onion, sliced thin
- ¼ cup feta cheese crumbles
- ¼ roasted pistachios
- 1 C wild rice, cooked (I used 90 second rice)

Instructions:

To make the dressing, add all ingredients to a medium jar with lid and shake until emulsified. Set aside.

To make salad, add all ingredients to a large serving bowl, top with dressing and toss.

