



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SPINACH SALAD WITH APPLES, CRANBERRIES & PECANS

SALAD

3 apples, cored and sliced

1 cup pecans

Large pinch kosher salt

4 cups baby spinach

½ cup sweetened dried cranberries

APPLE CIDER VINAIGRETTE

¼ cup honey

¼ cup apple cider

1 tablespoon apple cider vinegar

1 tablespoon Dijon mustard

½ cup extra virgin olive oil

1. For vinaigrette: In 2 cup measure, combine honey, apple cider, mustard, and vinegar; whisk together until well combined. While whisking constantly, add olive oil in slow, steady stream; whisk until emulsified. Makes about 1 cup.
2. For salad: Pour about ½ cup vinaigrette into medium bowl. Pour remaining vinaigrette into serving container and set aside. Add apples to medium bowl with vinaigrette and toss to coat; set aside.
3. Place pecans into paper lunch sack along with large pinch of salt. Roll down top of bag. Microwave on high for 1 minute.
4. Remove bag and shake! Microwave on high for 30 seconds. Remove bag and shake again. Open to check on level of toastiness of nuts. If needed, microwave on high for additional 30 seconds.
5. In large serving bowl, combine spinach, pecans, and cranberries.
6. Using slotted spoon, remove apple slices from vinaigrette and add to salad.
7. Serve salad with reserved dressing alongside.
Makes 8 servings.

