

Autumn Harvest Salad

(Serves 10)

A crisp, colorful salad that balances rich Thanksgiving flavors with freshness and crunch. Sweet apples, tangy cranberries, creamy white cheddar, and warm cinnamon candied pecans bring it all together.

Ingredients for the Salad:

- 10 cups mixed greens (spring mix, arugula, or spinach)
- 2 medium Honeycrisp or Fuji apples, thinly sliced
- $\frac{3}{4}$ cup dried cranberries (Craisins)
- $\frac{3}{4}$ cup cinnamon candied pecans (see recipe below)
- 4 ounces sharp white cheddar cheese, cut into small cubes or thin shavings

Ingredients for Maple Vinaigrette:

- $\frac{1}{4}$ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

Keep Fresh Tip:

- If prepping ahead, slice apples and toss in lemon water (1 tablespoon lemon juice per cup of water). Store components separately and assemble right before serving to keep greens crisp and apples bright.

The Teresa Touch

- Make the vinaigrette and cinnamon pecans early in the week - both keep beautifully.
- This salad adds freshness, color, and a pop of cozy fall flavor to your Thanksgiving table.

Make the dressing:

In a small jar or bowl, whisk together olive oil, apple cider vinegar, Dijon, maple syrup, salt, and pepper until smooth. Store in the refrigerator until ready to use (up to 3 days). Shake before serving.

Assemble the salad:

Spread greens on a large platter or in a salad bowl. Top with apple slices, cranberries, candied pecans, and white cheddar.

Dress and serve:

Drizzle lightly with vinaigrette just before serving and toss gently to coat.

