



# Holiday Honeycrisp Salad with Apple Cider Vinaigrette

## Salad Ingredients

3 medium Honeycrisp apples  
(about 1 pound), thinly sliced  
12 ounces salad greens  
(of your choice)  
1 cup pecan halves, toasted  
 $\frac{3}{4}$  cup dried cranberries  
4 ounces crumbled blue  
cheese  
juice of  $\frac{1}{2}$  lemon

## Vinaigrette Ingredients

$\frac{1}{2}$  cup extra-virgin olive oil  
 $\frac{1}{4}$  cup apple cider vinegar  
 $\frac{1}{4}$  cup unsweetened apple  
juice or apple cider  
2-3 tablespoons of honey  
1 tablespoon lemon juice  
 $\frac{1}{2}$  teaspoon salt  
freshly ground black  
pepper, to taste

## Nutrition Facts

---

<b>Calories</b>	320
<b>Total Fat</b>	23g
Saturated Fat	4.5g
<b>Cholesterol</b>	10mg
<b>Sodium</b>	290mg
<b>Total Carbohydrates</b>	26g
Dietary Fiber	4g
Sugar	20g
<b>Protein</b>	5g

## Directions

To prepare the apple cider vinaigrette, measure the oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a bowl; whisk until blended. Place the apple slices in a large plastic bag and squeeze the fresh lemon juice over them. Close the bag and shake to coat. In a large salad bowl, layer the salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of apple cider vinaigrette and toss until ingredients are evenly coated.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.