

# Fall Salad with Maple Mustard Dressing

**Servings:** 4

**Prep time:** 15 minutes

## Ingredients:

### **For the Salad:**

- 4 cups mixed greens (spinach, kale, arugula)
- 1 apple (such as Honeycrisp or Granny Smith), diced
- 1/2 cup dried cranberries
- 1/4 cup toasted pecans
- 1/4 cup crumbled goat cheese (or vegan feta)

### **For the Maple Mustard Dressing:**

- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## Directions:

### *Step 1*

**Make the Dressing:** In a jar with a tight-fitting lid, combine olive oil, apple cider vinegar, Dijon mustard, maple syrup, salt, and pepper. Shake well to emulsify.

### *Step 2*

**Combine Salad:** In a large bowl, combine mixed greens, diced apple, dried cranberries, toasted pecans, and crumbled goat cheese.

### *Step 3*

**Add Dressing:** Pour the desired amount of dressing over the salad and toss gently to coat evenly.

## *Tips and Variations*

- **Add protein:** Top with grilled chicken, roasted chickpeas, or crumbled tofu for a more substantial meal.
- **Spice it up:** Add a pinch of red pepper flakes to the dressing for a bit of heat.
- **Seasonal additions:** Include roasted butternut squash, toasted pumpkin seeds, or pomegranate seeds for extra fall flavor.
- **Make it ahead:** The salad can be assembled ahead of time and stored in the refrigerator. Add the dressing just before serving.