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## The Dish

September 2009

Level: Bachelor's

### RECIPE 1

## Spinach Salad with Apples, Pecans and Blue Cheese

A firm, crisp, tart apple, such as Granny Smith or Fuji, works best for this salad. Using apple cider vinegar in the dressing adds an extra layer of apple flavor. Serve with grilled chicken for a light supper.

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1 (6-ounce) package baby spinach
- 1 medium Granny Smith apple, thinly sliced
- 1/4 cup chopped, toasted pecans
- 4 teaspoons blue cheese

1. Combine the first 6 ingredients in a large bowl; stir with a whisk. Add spinach and apple; toss to coat. Divide spinach mixture evenly among each of 4 plates. Top each serving with 1 tablespoon pecans and 1 teaspoon cheese. Yield: 4 servings.