

## Apple Salad (A Rosh Hashanah Favorite)

### Apple and Honey Vinaigrette

#### Ingredients

- 3 tablespoons minced shallots
- ¼ cup apple cider vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey (or agave syrup if you don't eat honey)
- ½ cup olive oil (if you have it, a lighter tasting olive oil is good here)
- Salt and freshly ground pepper to taste

#### Instructions

- Combine minced shallots, cider vinegar, mustard and honey in a small bowl and whisk together until well combined. Slowly add olive oil, whisking all the while, until everything is well emulsified. Add salt and pepper to taste (alternatively, you can use an immersion blender to combine everything, or even just put all the ingredients in a jar and shake it very well).
- Vinaigrette can be made well in advance and stored in the refrigerator.

### Salad

#### Ingredients

- Your favorite mixed baby greens
- Crisp, red-skinned apple, quartered, cored and thinly sliced across each quarter
- Optional: toasted slivered almonds or toasted pumpkin seeds

#### Instructions

- Put the sliced apples in a salad bowl and toss with a bit of the vinaigrette to prevent them from browning.
- Add the greens to the salad bowl. Drizzle with more vinaigrette to taste and toss to coat. I prefer a lightly dressed salad, so I usually add dressing little by little, tossing well in between, until the salad is dressed to my liking. Taste and add more salt and/or freshly ground pepper if desired.
- If desired, sprinkle some toasted slivered almonds or pumpkin seeds on top to garnish and add a bit of crunch.

*NOTE: One recipe of dressing makes enough for up to about 16 cups of greens with 1-2 apples, but you can make a batch of dressing and use it to make several smaller salads instead.*