

Roasted Apple Salad with Citrus and Feta

5 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 apple
- 2 cups arugula
- 2 cups spinach
- 1 avocado, deseeded and chopped
- 2 oranges, peeled and chopped
- 1/3 cucumber, chopped
- ¼ cup feta, crumbled
- ¼ cup walnuts
- 2 teaspoons pumpkin seeds, unsalted
- 1/3 cup freshly squeeze orange juice
- 1/3 cup olive oil
- 2 Tablespoons apple cider vinegar
- 2 teaspoons honey
- 1 Tablespoon Dijon mustard
- Pinch of salt and pepper

DIRECTIONS

1. Slice apple into 1-in wedges. Apples can be roasted, seared, or grilled. If roasting, preheat oven to 350°F. Lay apples on a baking sheet and place in the oven. Cook for 10 - 15 minutes, or until tender. If searing, place apple slices in a skillet on medium heat. Cook for 5 - 7 minutes, or until tender, stirring frequently. If grilling, place apple slices on grill and cook for a few minutes, until tender. When finished cooking, set aside and let cool.
2. In a large bowl, combine arugula and spinach.
3. Add avocado, oranges, cucumber, apple slices, feta, walnuts, and pumpkin seeds to the bowl.
4. In a mason jar, combine orange juice, olive oil, apple cider vinegar, honey, mustard, salt, and pepper. Mix well.
5. Drizzle dressing onto salad and gently toss to combine.

Nutrition Facts	
5 servings per container	
Serving size 1 cup (235g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 2mg	10%
Potassium 386mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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