

Thanksgiving Harvest Salad

Courtesy of *In Our Grandmothers' Kitchens*

Ingredients:

for the dressing:

4 tablespoons cider vinegar
4 tablespoons maple syrup
1/2 teaspoon Dijon mustard
1 clove garlic, minced
1 teaspoon water
1 teaspoon salt
ground pepper to taste
10 tablespoons walnut or pecan oil

for the salad:

1/2 pound uncooked spinach leaves (more if you like)
1/2 cup walnut or pecan halves (more if you like)
1 apple (your choice, cored and sliced but not peeled)
1/2 small red onion, chopped into rings or pieces
1/2 cup crumbled feta or blue cheese (more if you like; omit for a lighter salad)
3 strips cooked bacon, crumbled (optional)
1/4 cup dried cranberries (more if you like)

Instructions:

First, make the dressing. In a 2-cup mason jar combine the vinegar, maple syrup, mustard, garlic, water, salt and pepper. Shake well. Slowly whisk in the oil.

Wash the spinach thoroughly and dry it.

Place the nuts in a small frying pan, and toast them over low heat for a few minutes, stirring constantly, to release their oils. Take the pan off the heat.

Just before you are ready to eat, slice the apple. In a salad bowl, combine the spinach, onion slices, toasted nuts, apple slices, cheese, bacon (if using), and cranberries.

Shake the dressing, and pour about a quarter of it onto the salad. Toss the salad well but carefully. Serves 6.

(You will have enough dressing for several salads. Refrigerate the dressing between uses, and make sure to bring it to room temperature and shake it well before you re-use it.)