

Spinach Apple Salad with Honey Mustard Vinaigrette

Honey Mustard Vinaigrette

This particular honey mustard vinaigrette adaption from Vegetarian Times Fast and Easy is one of my favorites.

1 shallot, minced (About 3 tablespoons)
2 tablespoons white vinegar
1 tablespoon Dijon mustard
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 tablespoons olive oil.

Place all the ingredients together in a vinaigrette bottle and shake well to combine.

Spinach Apple Salad

This recipe was written as a side salad for six, but serves about three as a main course. For a vegan version leave off the blue cheese and add extra sunflower seeds and apple slices.

16-ounce bag of baby spinach, rinsed and dried
1 large apple, thinly sliced
1/4 cup unsalted toasted sunflower seeds (bulk section)
1/2 cup crumbled blue cheese (Shredded Sharp Cheddar works too.)
Honey Mustard Vinaigrette, above

Divide spinach among 6 salad plates. Evenly divide the toppings and drizzle with dressing.

Servings 6. Per serving 149 cal; 4g prot; 11.5g total fat (2g sat. fat); 10g carb; 4mg chol; 309mg sodium; 4g fiber; 7g sugars.

Recipe adapted from Vegetarian Times Fast and Easy. [TheCookingPhotographer](http://TheCookingPhotographer.com)