



# Apple-Walnut Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: ~2 cups

## Salad Ingredients

- 1 (10-ounce) bag mixed salad greens or spinach
- 2 medium apples, cored and chopped (about 2 cups)
- ½ cup crumbled feta cheese
- ½ cup unsalted walnuts, chopped

## Dressing

- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar or apple cider vinegar
- 1-3 teaspoons honey, to taste
- 1 teaspoon Dijon mustard
- 1-2 cloves garlic, minced (about 1 teaspoon)

## Directions

1. In a small bowl, make the dressing by whisking together the olive oil, vinegar, honey, mustard, and garlic. Set aside.
2. In a large mixing or serving bowl, add the greens or spinach, apples, feta, and walnuts.
3. Just before serving, add the dressing to the vegetable mixture and toss to coat.
4. Serve immediately.

## Recipe Notes

- Try swapping out the feta for blue cheese or crumbled goat cheese.

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 13 g | Saturated Fat: 3 g  
Sodium: 260 mg | Total Carbohydrate: 17 g | Dietary Fiber: 4 g | Protein: 4 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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