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## Holiday Honeycrisp Salad

Yield: 9 min Total Time: 15 min

Recipe from: <a href="https://www.recipeschoose.com/recipes/holiday-shrub-recipe">https://www.recipeschoose.com/recipes/holiday-shrub-recipe</a>

## **Ingredients:**

- 1/2 cup virgin olive oil extra-, or light vegetable oil, such as canola
- 1/4 cup apple cider vinegar
- 1/4 cup unsweetened apple juice or apple cider
- 3 tablespoons honey
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 3 Honeycrisp apples medium, about 1 pound, thinly sliced
- 1/2 lemon
- 12 ounces salad greens spring mix, baby spinach, arugula, baby romaine, or a combo of your favorites
- 1 cup pecan halves toasted or candied
- 3/4 cup dried cranberries or dried cherries
- 4 ounces crumbled blue cheese

## **Nutrition:**

Calories: 340 calories
Carbohydrate: 22 grams
Cholesterol: 10 milligrams

4. Fat: 27 grams5. Fiber: 4 grams6. Protein: 5 grams

7. SaturatedFat: 5 grams8. Sodium: 320 milligrams

9. Sugar: 16 grams

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