

Spinach Apple Salad



Recipe by Amber

Penney Farms Princess

INGREDIENTS

8 oz fresh baby spinach
1/4 red onion, thinly sliced
seeds of 1 pomegranate
4 oz blue cheese, crumbled
1 honeycrisp apple, thinly sliced
Garlic Expressions Vinaigrette

INSTRUCTIONS

Thinly slice 1/4 of a red onion. Place the onion slices in a bowl of ice water, and let them soak while you prep the rest of the ingredients. This helps take the "bite" out of them.

Cut the pomegranate in half around its equator. (It's "crown" should be at the top.) Hold the cut side down over a bowl, and use a wooden spoon to smack the seeds out into the bowl. Set aside. Reserve some of the pomegranate seeds to the side for the top of the salad.

Crumble about 4 ounces of blue cheese. Reserve a little to the side to top the salad before serving.

Thinly slice a honey crisp apple.

Now, let's assemble the salad. In a large mixing bowl add the baby spinach, red onion, pomegranate seeds, blue cheese crumbles, and apple. Shake up the Garlic Expressions Vinaigrette, and pour a little over the ingredients.

Toss to incorporate everything, and add more vinaigrette if needed. Transfer to a serving dish, and top with the remaining blue cheese and pomegranate seeds.

Serve & enjoy!