

Vermont Vinaigrette Salad

This recipe came from my Mother-In-Laws friend Margie. When we had our daughter Anna, Margie brought over this most wonderful salad. It has been my favorite now for eight years!

Ingredients

Dressing

1. 1 cup of canola oil
2. 1/3 cup of balsamic vinegar
3. 1/4 cup maple syrup
4. 1 teaspoon pepper
5. 1 teaspoon Dijon mustard
6. 1 teaspoon pressed garlic
7. 1/8 teaspoon salt
8. 1 Tablespoon mayonnaise

Salad

1. Any mixture of Salad Greens
2. Feta Cheese (4 oz for 4-6 people)
3. Caramelized or Sugared Pecans (1/2 cup pecans, 4T sugar, 2T butter over medium heat)
4. Thinly sliced apples, 1-2 apples - tart variety such as Fuji or Gala.
5. Avocado 1 or 2
6. Red Onion (optional)

Instructions

1. Mix the dressing ingredient together in a separate container
2. Slice the apples fairly thin
3. Caramelize the Pecans by melting the butter, adding the sugar, then the pecans over medium heat.
4. Once everything is cut and prepared, mix it together and enjoy!

VARIATIONS

You can add and subtract items in the salad with great success. I have seen this with mandarin oranges, and grapes. You can substitute slivered almonds for the pecans (but the pecans make this wonderful). I have had it without the avocado, but it is definitely better with avocado. The amount of Feta can be less without taking too much away from the flavor.