

# WHAT'S IN SEASON...

## APPLE PECAN CHOPPED SALAD



\* Gluten Free: This recipe is already gluten free!

### INGREDIENTS:

For the Salad:

- 15 ounces mixed hearty greens (baby spinach, Swiss chard and/or arugula), roughly chopped
- 1 large granny smith apple, cored and chopped
- 4 ounces feta cheese, crumbled
- 1/2 cup pecans, chopped (and toasted if desired)
- 1/2 cup dried cranberries
- 2 cups rotisserie chicken, shredded

For the Dressing:

- ½ cup apple cider vinegar
- 2 garlic cloves peeled and finely chopped
- 1 ½ teaspoons Dijon mustard
- 1 teaspoon pure maple syrup
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼ cup extra virgin olive oil

### DIRECTIONS:

- In a large mixing bowl, toss together the chopped greens, apple, feta cheese, pecans, and dried cranberries.
- Combine the apple cider vinegar, garlic, mustard, maple syrup, salt and pepper in a medium-sized bowl. Whisk well to combine. While whisking, slowly drizzle in the olive oil.
- Toss the salad with half of the dressing. Add more as needed. Top with shredded chicken and season to taste with salt and pepper.



#### NUTRITIONAL FACTS

6 SERVINGS  
Calories: 425  
Protein: 18 grams  
Carbohydrates: 24 grams  
Fat: 25 grams

#### CALORIE CONSIDERATIONS:

- To INCREASE calories: Add an extra 1 ounce feta cheese and 1 Tbsp chopped pecans (+120 calories).
- To DECREASE calories: Use half the amount of feta cheese, chopped pecans, and dressing (-100 calories).