

SPINACH APPLE AND WALNUT SALAD

INGREDIENTS

- 6 tablespoons olive oil
- 3 tablespoons cider vinegar
- 1 tablespoon prepared mustard (I prefer Dijon)
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 2 golden delicious apples, halved, cored, thinly sliced
- 1/4 cup red onion, cut in thin strips
- 1 1/2 lb fresh spinach, washed, stems removed, leaves torn
- 1 cup toasted walnuts

DIRECTIONS

In serving bowl, whisk oil, vinegar, mustard, sugar, salt and pepper until thick.

Add apple and onion. Toss until apples and onions are covered with dressing.

Place spinach on top, then walnuts. Just before serving, toss. Serves 8.