



Apple Salad with Gorgonzola and Almonds

Ingredients

1/2 pound crisp apples, any kind, cored but not peeled, chopped into bite-sized pieces
1/2 cup chopped celery
3 T. diced red onion
1/4 cup crumbled Gorgonzola cheese
1/3 cup sliced almonds
spinach, romaine or Bibb lettuce leaves

Dressing

1 T. olive oil
1 T. lemon juice
1 T. apple cider vinegar
1 T. pure maple syrup
1/2 tsp. stone-ground mustard
salt and freshly ground black pepper to taste

Preparation

Place apples, celery, onion and Gorgonzola in medium bowl. Combine dressing ingredients in a jar and shake until well-combined. Pour dressing over apple mixture and stir to coat. Add sliced almonds and toss gently. Serve on greens of your choice.

Makes four side servings.