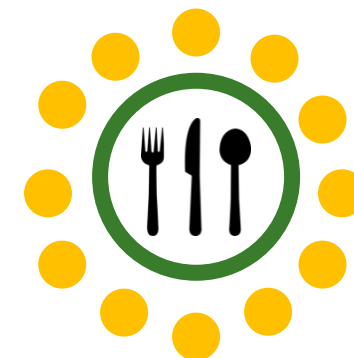


recipe of the week:

## Apple, Pecan, and Bleu Cheese Salad



<b>ingredients:</b>	<b>directions:</b>
12 oz. salad greens (spring mix)	1. Add the greens, cherries, pecans, cheese and apples into a large salad bowl.
½ cup dried cherries	2. Mix the olive oil, Dijon mustard, maple syrup and apple cider vinegar in a small jar and sprinkle with salt & pepper. Put the lid on the jar and shake well.
½ cup pecan halves	3. Pour a little of the salad dressing over the top of the salad and toss to combine. Taste the salad and add more dressing if needed.
6 oz. blue cheese chunks	
2 whole apples, cored & sliced very thin	
½ cup olive oil	
1 tablespoon Dijon mustard	
1 tablespoon maple syrup	
1 teaspoon apple cider vinegar	
Salt & freshly ground black pepper	

Presented by:

