



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Apple and Gorgonzola Salad

Ingredients:

Salad

- 2 large (8-oz) Braeburn apples, thinly sliced
- 2 Tbsp fresh lemon juice
- 1 large carrot, peeled and thinly sliced
- 8 cups mixed salad greens
- 1 small red onion, thinly sliced

Vinaigrette

- 2 Tbsp fresh orange juice
- 2 Tbsp fresh lemon juice
- 1 Tbsp honey
- 2 tsp Dijon mustard
- 1/4 cup walnut oil
- Sea salt, to taste
- Freshly ground black pepper, to taste

Garnish

- 1/4 cup toasted walnut pieces
- 3 Tbsp crumbled Gorgonzola cheese

Directions:

1. Coat the apples with the lemon juice and set aside. Place the carrot slices and mixed greens on a platter. Top with the onion and set aside.
2. Whisk together the orange and lemon juices, honey and mustard. Slowly add the oil in a thin stream, whisking constantly.
3. Add the apples to the salad. Top with walnuts and cheese. Drizzle on the vinaigrette.

Serves 8

*150 calories, 10 g fat, 1.5 g saturated fat,
14 g carbohydrate, 3 g fiber, 2 g protein,
95 mg sodium*

Source: American Diabetes Association

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