Honey Walnut, Apple and Monterey Jack Cheese Salad

This salad is as healthy as it is beautiful.

INGREDIENTS

(Makes 4 Salads)

Apple dressing
Apple juice 60ml
Apple vinegar 30ml
Grape seed oil* 30ml
Mustard 15ml
Salt and Pepper To taste

Salad
U. S. Monterey Jack cheese 100g
Baby Salad greens 30g
Red Apple, cored and finely sliced 250g
Red onion, finely shaved 75g
Pea shoots 30g
Walnut, whole 125g
Grape seed oil* 15ml
Honey 50g
Salt and Pepper To taste

NUTRITIONAL CONTENT

Per 100g
Calories 244kcal
Total Fat 19g
Saturated Fat 4g
Trans Fat 0g
Cholesterol 13mg
Total Carbohydrates 15g
Dietary Fiber 3g
Sugars 11g
Protein 7g
Calcium 137mg
Magnesium 36mg
Phosphorus 137mg
Potassium 150mg
Sodium 83mg
Iron 1mg
Vitamin A 295IU
Vitamin C 6mg

*May be substituted with canola, safflower or sunflower seed oils.

PREPARATION

1. Combine all apple dressing ingredients in a mixing bowl, whisk well and set aside.
2. Cut Monterey Jack cheese into small bite size triangles.
3. Arrange greens, apples, onions, Monterey Jack cheese, and shoots on four salad plates.
4. Pan-fry walnuts lightly with the 15 ml grape seed oil.
5. Add honey to pan, season with salt and pepper, toss to coat and let cool.
6. Add walnuts to salad plates.
7. Pour dressing over each salad and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.