

Grilled Apple Tossed Salad

Prep Time: 15 min **Cook Time:** 10 min **Servings:** 6 servings **Source:** Tasteofhome.com



INGREDIENTS

- 6 tablespoons olive oil
- 1/4 cup minced fresh cilantro
- 1/4 cup orange juice
- 1/4 cup white or regular balsamic vinegar
- 2 tablespoons honey
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha chili sauce
- 2 large apples, cut into 1/2-inch wedges
- 1 package (5 ounces) spring mix salad greens
- 1 cup walnut halves, toasted
- 1/2 cup crumbled blue cheese

DIRECTIONS

For dressing, whisk together first 8 ingredients. In a bowl, toss apples with 1/4 cup dressing. Let stand 10 minutes.

Place apple slices on a grill rack over medium heat; reserve marinade left in bowl. Grill apples, covered, until tender and lightly browned, 3-4 minutes per side, brushing with reserved marinade.

To serve, toss greens with remaining dressing. Top with grilled apples, walnuts and cheese.

NUTRITION

1 serving: 341 calories, 28g fat (5g saturated fat), 8mg cholesterol, 360mg sodium, 22g carbohydrate (16g sugars, 3g fiber), 6g protein.