

## Red Apple and Cranberry Frisee Salad with Maple Vinaigrette

This simple yet delicately flavored salad is the perfect starter to any dinner fancy or not.

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### Ingredients

- one package 4 cups mixed green salad
- one sweet red apple very thinly sliced
- 1/4 cups walnuts
- 1/4 cup dried cranberries
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- Dressing
- 1/4 cup rice wine vinegar
- 1/4 tsp salt
- 2 tablespoons real maple syrup
- 1/2 cup canola oil
- 1/4 shallot finely chopped

### Instructions

1. Finely chop the shallots and set aside
2. mix rice wine vinegar, salt, and maple syrup together
3. add in shallots
4. slowly pour in canola oil mixing vigorously
5. Prepare mixed greens in large bowl
6. toss in dressing
7. top with cranberries, walnuts and sliced apples



Recipe by MyRDNutritionist at <http://myrdn.com/red-apple-cranberry-frisee-salad-maple-vinaigrette/>