

Autumn Harvest Honeycrisp Apple and Feta Salad

This colorful Autumn Harvest Honeycrisp Apple and Feta Salad combines all the best produce that fall has to offer into the season's best salad.

Ingredients:

1/4 cup raw pecans
2 tablespoons pumpkin seeds
3 tablespoons maple syrup
1/2 teaspoon cayenne pepper
1/4 teaspoon ground cinnamon
flaky sea salt

3 ounces thinly sliced prosciutto
6 cups arugula or shredded kale
2 honeycrisp apples, thinly sliced
1 avocado, diced
arils from 1 pomegranate
1/2 cup crumbled feta cheese

Apple Vinaigrette:

1/3 cup extra virgin olive oil
1/4 cup apple cider vinegar
1 tablespoon dijon mustard
1 tablespoon apple butter (optional)
2 teaspoons honey or maple syrup
1 tablespoon fresh thyme leaves
2 teaspoons chopped fresh sage
kosher salt and black pepper

Directions:

Preheat the oven to 350° F. Line a baking sheet with parchment paper.

On the prepared baking sheet, toss together the pecans, pumpkin seeds, maple, cayenne, and cinnamon. Arrange in a single layer. Lay the prosciutto flat around the nuts. Transfer to the oven and bake for 10-15 minutes or until the nuts are toasted and the prosciutto is crisp. Watch both closely. Sprinkle the nuts with sea salt.

Meanwhile, in a large salad bowl, combine the arugula, apples, avocado, and pomegranate arils.

To make the vinaigrette. Combine all ingredients in a jar with a lid and shake. Taste and adjust as needed.

Pour the vinaigrette over the salad, tossing to combine. Top the salad with toasted nuts, prosciutto, and feta. Eat and enjoy!

