

## **Fruit and Nut Salad Combos**

This is a delightful way to welcome fall produce into your healthy eating world. Choose at least one from each category. Put on a sweater. Toss it together or artfully arranged.. Enjoy.



Choose one or more of the following categories for your fall salad:

- Greens (choose 1 or more): kale, arugula, lettuce, radicchio, endive, spinach (trimmed of thick stems)
- Fruit-citrus (cut into supremes as in this [video](#), apples/pears/Asian pears, pomegranate, Fuyu persimmons, grapes, dried fruits including dried cranberries, cherries etc.
- Nuts-toasted, whole or roughly chopped
- Grains, cooked and cooled
- Winter squash -- All are roasted--delicata (no need to peel, cut into half-moons), butternut and other winter squash
- Cheese

Vinaigrette ~ Master Recipe:  
(Combine in a jar, shake and dress)

- 1/2 cup oil (olive, avocado, nut oil)
- 3 tablespoons vinegar or citrus juice (white, red wine, apple cider, lemon etc.
- 1 tablespoon sweetener (optional (maple syrup, boiled cider, honey, apple cider, pomegranate juice etc.

- 2 teaspoons emulsifier (that helps the oil and vinegar combine): mustard, nut butter (I like cashew butter or tahini)
- 1/4 teaspoon salt/pepper to taste
- Optional elements-1 clove garlic minced or crushed, 1/2 -1 teaspoon dried herbs such as basil, oregano

### **(Some of) My Favorite Fall Salad Combos**

- Kale massaged with boiled cider vinaigrette, quinoa, pomegranate, roasted delicata squash, toasted pecans
- Arugula, toasted pumpkin seeds, sliced pear, shaved Romano with red wine vinegar and olive oil with Dijon mustard and maple syrup
- Spinach, roasted grapes, chopped toasted cashews, goat cheese with balsamic vinaigrette (with cashew butter as the emulsifier)
- Kale massaged with lemon vinaigrette, cubed cheddar, cubed apple, toasted walnuts