

My fav Fall Salad



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Recipe by: Laura Vitale

Serves 8 or more

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

For the pecans:

- 2/3 cup of Brown Sugar
- 2 Tbsp of Water
- 10oz of Halved Pecans
- Pinch of Cayenne
- Pinch of Salt

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For the Quinoa:

- 1 cup of Cooked Quinoa
- Seasoning of choice

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For the Dressing:

- 1 Tbsp of Dijon Mustard
- 1 Shallot, minced
- 1 Tbsp of Honey, or more to taste
- 3 Tbsp of Balsamic Vinegar
- 1/2 cup of Olive Oil
- Salt and Pepper to taste

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For the Salad:

- Mixed Greens
- Sliced Apples or Pears
- Pomegranate Seeds
- Crumbled Feta or Goat Cheese

1) Start with the quinoa, preheat your oven to 350 degrees, line a baking sheet with parchment paper, add the quinoa, season with any seasoning of choice and bake for about 25 to 30 minutes giving it a stir every 10 minutes, allowing it to cool completely.

2) Move onto the pecans. In a saucepan, add the sugar and water, once the sugar begins to dissolve, add the pecans and cook on low heat while coating them in the sugar for 3 minutes, then remove them to a parchment paper lined platter, sprinkle with salt and cayenne and allow to cool completely.



3) Next is the dressing. Add the ingredients to a mason jar, cover tightly with a tight fitting lid and shake well until incorporated, if it's a little too thick, loosen with about a tbsp of water, adjust any seasoning to taste and set aside.

4) When all your components are ready and cooled, assemble your salad to your preference and serve with the dressing on the side.