

Apple of My Eye



10 minutes

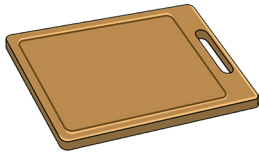


6 servings

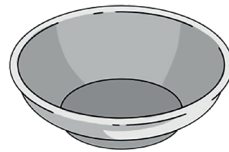
This is more than just another salad – it's art on a plate and a party for your palate!

Enjoy the flavors (and colors) of this unique combination.

What you need



Cutting board



Salad bowl or tray



Mason jar



Knife

Ingredients

Salad Base

2 cups spinach,
loosely packed $\frac{1}{2}$ cup
pea shoots

3 hearts of palm



1 red apple



1 yellow apple

Honey Garlic Vinaigrette

 $\frac{1}{2}$ cup oil $\frac{1}{3}$ cup white
wine vinegar2 tablespoons
honey1 garlic clove,
crushed $\frac{1}{4}$ teaspoon
salt $\frac{1}{4}$ teaspoon
black pepper

Tips



Dress it!

If you don't like the taste of vinaigrette, you can swap it out for your favorite dressing. Garlic mayo, caesar dressing, and honey mustard all complement this salad well!

Protein Packed

Add some flaked salmon to the mix and this recipe goes from a salad to a meal!



Cheese, please!

If you want to further elevate this salad, top it with some salty feta cheese!

Just for Giggles

I had a very good salad joke, but it was tossed!