

Nessralla Farm Halifax Fall 2021

Hearty Fall Harvest Salad



Salads are a great way to get creative with what's on hand and in season. This Hearty Fall Harvest Salad is crisp and light yet robust and filling, and sure to please when you're looking for a simple, refreshing fall meal. Pairs well with crusty bread.

Salad Ingredients

- 8 oz mixed greens rinsed & dried
- 1 pear, cored & thinly sliced
- 1 apple, cored & thinly sliced
- 1/3 cup dried cranberries
- 1/3 cup chopped walnuts
- 1/3 cup feta cheese
- 4 slices bacon, cooked and crumbled

Dressing Ingredients

- 1 cup apple cider
- 2 Tbsp apple cider vinegar
- 1 1/2 Tbsp minced shallots
- 1 Tbsp dijon mustard
- 1 Tbsp honey
- 2 tsp extra virgin olive oil
- salt and pepper to taste

Preparation

1. Combine apple cider, apple cider vinegar and shallots in a small saucepan over high heat.
2. Bring to a boil, reduce heat and simmer for 7-8 minutes or until reduced to about ½ cup; remove from heat.
3. Allow cider liquid mixture to cool slightly; whisk in remaining ingredients until completely smooth.
4. Combine all salad ingredients in a large bowl and toss together
5. Pour vinaigrette over salad; toss together and serve. Enjoy!!