

Honey Walnut, Apple and Monterey Jack Cheese Salad

This salad is as healthy as it is beautiful.



INGREDIENTS

(Makes 4 Salads)

Apple dressing

Apple juice	60ml
Apple vinegar	30ml
Grape seed oil*	30ml
Mustard	15ml
Salt and Pepper	To taste

Salad

U. S. Monterey Jack cheese	100g
Baby Salad greens	30g
Red Apple, cored and finely sliced	250g
Red onion, finely shaved	75g
Pea shoots	30g
Walnut, whole	125g
Grape seed oil*	15ml
Honey	50g
Salt and Pepper	To taste

*May be substituted with canola, safflower or sunflower seed oils.

NUTRITIONAL CONTENT

Per 100g

Calories	244kcal
Total Fat	19g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	13mg
Total Carbohydrates	15g
Dietary Fiber	3g
Sugars	11g
Protein	7g
Calcium	137mg
Magnesium	36mg
Phosphorus	137mg
Potassium	150mg
Sodium	83mg
Iron	1mg
Vitamin A	295IU
Vitamin C	6mg

PREPARATION

1. **Combine all apple dressing ingredients in a mixing bowl, whisk well and set aside.**
2. **Cut Monterey Jack cheese into small bite size triangles.**
3. **Arrange greens, apples, onions, Monterey Jack cheese, and shoots on four salad plates.**
4. **Pan-fry walnuts lightly with the 15 ml grape seed oil.**
5. **Add honey to pan, season with salt and pepper, toss to coat and let cool.**
6. **Add walnuts to salad plates.**
7. **Pour dressing over each salad and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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