

## Fresh Apple, Raisin, and Pine Nut Salad

© 2020 by Lois Ellen Frank, Ph.D. All Rights Reserved

I love salads! This salad is refreshing and quite delicious. It combines the sweetness of apples and raisins with the tartness of lime and chile dressing. The pine nuts add a nice crunch. Everyone we serve this to loves it. I think you will enjoy it too.

## Ingredients

Salad:

- 6 cups salad greens
- 2/3-cup golden or dark raisins
- 2 medium sized Fuji apples, skin on, finely sliced
- 3/4 cup pine nuts, toasted and chopped

## Dressing:

- 6 Tablespoons agave syrup
- 3 teaspoons red chile powder (mild)
- 1/3 cup freshly squeezed lime juice (approximately 4 to 5 limes), or bottled
- 2 Tablespoons Dijon mustard
- <sup>1</sup>/<sub>2</sub> teaspoon kosher salt (or to taste)
- Pinch of freshly ground black pepper

## Directions

- 1. In a medium sized salad bowl, toss salad greens, raisins, and apples together.
- 2. In a separate mixing bowl, combine the agave syrup, chile powder, fresh lime juice, Dijon mustard, salt and pepper. Mix well with a whisk, until all of the ingredients are completely blended together.
- 3. Pour the dressing over the greens and toss well. Top the salad with chopped nuts.

Serve immediately.

6 servings.