



Mixed Green Salad with Apples & Maple Pecans

Ingredients

For the Pecans:

- 1 cup pecan pieces
- 3 tablespoons maple syrup

For the Salad:

- ½ red onion, thinly sliced
- 1 tablespoon kosher salt
- 1 - 312 gram (11oz.) package mixed salad greens
- 2 small apples, red or green, peeled, quartered, cored and thinly sliced lengthwise
- ¼ cup dried cranberries

Directions

- Line a small baking sheet or plate with parchment paper.
- Heat a large skillet over medium heat. Add the pecans and toast until fragrant, watching carefully so they don't burn. Add the maple syrup and toss until the nuts are coated and have stopped steaming. Use a silicone spatula and scrape the nuts onto the parchment paper and allow to cool completely.
- While the pecans are cooling, prepare the remaining salad ingredients. Add the thinly sliced red onions to a wire strainer and toss with the kosher salt. Let sit for 10-15 minutes. This will remove the sharpness from the onion. Rinse well under cold water and dry on paper towels. Add to a large salad bowl along with the salad greens, cooled pecans, apples slices and cranberries.
- Top the salad with the dressing of your choice. Toss well to combine and serve immediately.