

Cranberry, Apple Pecan Layered Salad

Author: A cooking class with Phillis Carey

Carolyn T's
Main Cookbook

Servings: 8



CRANBERRY LAYER:

2 cups fresh cranberries, coarsely chopped

1/4 cup sugar

DRESSING:

3 tablespoons fresh lime juice

1 tablespoon Dijon mustard

3/4 cup extra virgin olive oil

APPLE LAYER:

3 large Granny Smith apples, peeled, cored, coarsely chopped

About a cup of Sprite beverage (not Diet)

1 1/3 cups pecans, toasted (350 6-10 minutes) and chopped

1/3 cup green onions, sliced

SALAD:

2 heads Romaine lettuce, torn in bite sized pieces

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 390 Calories; 33g Fat (71.8% calories from fat); 5g Protein; 24g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 6 1/2 Fat; 1/2 Other Carbohydrates.

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Notes: The Sprite contains citric acid, the ingredient that will keep apples from turning brown. The Sprite is not used in the recipe except for soaking the apples. Description: Not layered in a bowl, but layered on a salad plate. Very pretty, and delicious. Ideal for Thanksgiving dinner.

1. Pick through the cranberries and throw out any soft or unripe ones. Combine in a bowl the coarsely chopped cranberries and sugar. Cover the bowl and refrigerate for about 24 hours.
2. Place apples in a small bowl. If you're doing this ahead, cover the apples in Sprite beverage and set aside. The apples will stay firm and bright for 4-5 hours in the liquid. When ready to proceed with recipe, drain off the Sprite (and discard), then add the green onions to the apples.
3. In a medium bowl whisk lime juice and mustard. Add oil in a steady stream, whisking constantly. Pour half the dressing on the apples. Then add the pecans.
4. Toss the lettuce with the remainder of the dressing.
5. To serve, divide lettuce among salad plates and top it with the apple mixture. Keep apples together in a small sort-of flattish shape (not sprinkled all over the lettuce). Make a small well in the center of the apples and spoon in the cranberry mixture.