

Autumn Apple, Ham and Goat Cheese Salad - recipe from TheOtherWhiteMeat.com

Times: 15 minutes prep, 0 minutes cook

Ingredients:

6 ounces cooked boneless ham, cut into match-stick size strips

3 5-oz bags spring mix salad greens

3 Gala apples, cored and thinly sliced

1 cup pomegranate seeds, OR dried cranberries

1 7-oz package glazed walnuts, OR 1 1/2 cups toasted walnut pieces

1/2 small red onion, thinly sliced, halved and separated into pieces

2/3 - 3/4 cup bottled champagne, OR balsamic vinaigrette

1/3 cup goat cheese, crumbled



Cooking Directions:

Combine salad greens, apples, pomegranate seeds, walnuts and onion in very large salad bowl. Pour vinaigrette over mixture; gently toss until lightly coated.

Spoon salad mixture onto individual salad plates. Top with ham; sprinkle with goat cheese. Serve immediately.

Makes 8 to 12 side dish salads

Nutrition:

Calories: 539 calories

Protein: 11 grams

Fat: 21 grams

Sodium: 258 milligrams



Cholesterol: 24 milligrams

Saturated Fat: 4 grams

Carbohydrates: 35 grams

Fiber: 5 grams

