

HARVEST SALAD

INGREDIENTS

- 3 cups/750 mL fresh spinach
- 2 cups/500 mL brussels sprouts - shaved
- 1 large apple – thin bite-sized slices
- 1/4 cup/60 mL walnuts – chopped
- 1/3 cup/80 mL fresh pomegranate seeds
- 3 slices of pre-cooked bacon – chopped
- 1 avocado – diced
- 1/4 cup/60 mL shredded Parmesan cheese

Watkins Simple Vinaigrette

- 1/3 cup/80 mL olive oil
- 3 tbsp/45 mL apple cider vinegar
- 1 tbsp/15 mL fresh lemon juice
- 1 tsp/5 mL honey
- 1 1/2 tsp/7.5 mL Dijon mustard
- 1/2 tsp/2.5 mL [Watkins Organic Garlic Powder](#)
- 1 tsp/5 mL [Watkins Organic Black Pepper](#)
- <http://vanillaplease.com/> to taste

Directions

Simple Vinaigrette

In a small dish, whisk together olive oil, apple cider vinegar, lemon juice, honey, and Dijon mustard. Add in Watkins Organic Garlic Powder and Watkins Organic Pepper. Whisk together until blended. Add salt from Watkins Salt Grinder to taste.

Salad Assembly

Place spinach and shaved brussels sprouts in large salad bowl. Mix together until greens are evenly blended. On top of greens add apple slices, chopped walnuts, pomegranate seeds, chopped bacon, diced avocado and shredded Parmesan cheese. Whisk dressing one final time and drizzle over salad. Using a salad fork and knife, fold in dressing until evenly distributed.

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Recipe from <http://www.trustednaturalhomeproducts.com>