

Autumn Harvest Salad

By: Elise Cushman, MS, RDN, LD, CSO

Yield: 4 to 6 servings

Ingredients

- 4 tablespoons extra-virgin olive oil
- 3 tablespoon [cider](#) vinegar
- 2 teaspoons pure maple syrup (preferably Grade B)
- 1 1/2 tablespoons Dijon [mustard](#)
- 1 clove garlic, minced
- Coarse [salt](#) and ground pepper
- Hardy lettuce mix (mustard greens, chard, kale, bok choy) ~ 6 cups total
- 1 apple, julienned
- 1 gold beet, sliced thin using a mandolin (if you have one)
- 1 red beet, sliced thin using a mandolin
- 1 carrot, sliced thin using a mandolin
- Red onion, sliced into strips
- Sunflower seeds, almonds, or pistachios
- Parmesan or cheddar cheese (optional)

Directions

1. In a small mixing bowl whisk together olive oil, cider vinegar, maple syrup, Dijon mustard, and garlic clove. Season with salt and pepper. Set aside.
2. Wash greens thoroughly.
3. Toss julienned vegetables into greens.
4. Toss with vinaigrette.
5. Top with nuts.

As an accompaniment serve as is. For a main salad top with cheese, and you could also serve with hard-boiled eggs.

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