

Apple & Leek Salad

Serves 2-3

- 1 small/medium sized apple such as ambrosia
- 3 small/medium sized leeks, whites and light green parts only
- ¼ cup olive oil
- Juice of 1 lemon
- Salt & pepper
- 2 teaspoons each of Dijon mustard and honey
- 1 ½ Tablespoons of Greek yogurt
- ¼ cup pecans



If you aren't using baby leeks or don't like strong onion flavors, sauté your leeks in a bit of olive oil or blanch them first.

Trim your leeks, and slice them super thin and give them a good rinse in the sink. While they're draining, slice an apple as thinly as possible. Toss all of these into a large bowl and put the juice of half a lemon on top to prevent any browning!

While that sits for a while, mix together the olive oil, salt, pepper, other half of the lemon, dijon, and honey in a bowl to make the dressing. When that's all well incorporated, mix in the yogurt and pour onto the leeks and apples. Mix very well and then serve with toasted pecans.

Also, raisins would be a darn awesome touch! This is a great salad by itself, but it's pretty darn amazing served as a side to some fish or whatever you may have. The longer this sits around, the better, so feel free to make it in a morning and throw it into your fridge for dinner later that day.