

Chopped Salad *with Apples, Sweet Potato, Blue Cheese & Cider Vinaigrette*

Even though apples are one of the most widely available and loved fruits in the United States, few people know their rich history. First cultivated in eastern Turkey and introduced to North America in the 1600s, apples are now grown in nearly every state. Washington, however, grows the most, providing over half of the apples in the U.S. each year.



Ingredients

- 2 Honeycrisp Apples
- 1 Baby Sweet Potato
- 1 Bunch Tarragon
- 1 Clove Garlic
- 1 Head Green Leaf Lettuce
- 2 Ounces Arugula
- 1 Shallot
- 2 Tablespoons Apple Cider Vinegar
- 1 Stalk Celery
- ¼ Cup Almonds
- ½ Cup Crumbled Blue Cheese

Makes 2 Servings
About 475 Calories Per Serving

Instructions



1

Prepare your ingredients:

Heat a small pot of salted water to boiling on high. Wash and dry the fresh produce. Core and medium dice the apples. Peel and medium dice the sweet potato. Roughly chop the tarragon leaves. Peel and mince the garlic, smashing until it resembles a paste. Tear the lettuce leaves and place them in a bowl with the arugula. Peel and mince the shallot to get about 2 tablespoons of minced shallot. Place the garlic paste and minced shallot in a measuring cup or small bowl with the apple cider vinegar. Slice the celery.



2

Cook the sweet potato:

Add the **diced sweet potato** to the boiling water. Cook 4 to 5 minutes, or until tender when pierced with a fork. Drain and rinse under cold water.



3

Toast the almonds:

Add the **almonds** to a dry pan and cook on high for 1 to 2 minutes, or until fragrant, stirring occasionally. Transfer the toasted almonds to a cutting board. When cool enough to handle, roughly chop the almonds.



4

Make the cider vinaigrette:

Add the **tarragon** to the **garlic-shallot-vinegar mixture**. Slowly whisk in about **2 tablespoons of olive oil** until combined. Season with salt and pepper to taste.



5

Chop the greens:

Finely chop the **lettuce** and **arugula** together, then add them both to a large bowl.



6

Make the salad & enjoy:

Add the **diced apples**, **celery**, **sweet potato**, **half the blue cheese** and **half the almonds** to the lettuce and arugula in the bowl. Add some of the vinaigrette (you may have extra) and toss to coat. Season with salt and pepper to taste. Divide the salad between 2 plates. Garnish with the **remaining blue cheese** and **almonds**. Enjoy!