

Treasure Barrel

Autumn Harvest Honeycrisp Apple and Feta Salad Recipe

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Salad

- [ ] 5 oz (about 5 cups) mixed spring greens or arugula
- [ ] 2 large Honeycrisp apples, cored and thinly sliced
- [ ] 4 oz feta cheese, crumbled from a block
- [ ] 1/2 cup pecans, roughly chopped
- [ ] 1/3 cup dried cranberries

For the Apple Cider Vinaigrette

- [ ] 1/3 cup extra virgin olive oil
- [ ] 3 tbsp apple cider vinegar
- [ ] 1 tbsp pure maple syrup
- [ ] 1 tsp Dijon mustard
- [ ] 1/4 tsp salt
- [ ] Freshly ground black pepper to taste

Instructions

1. First, let's make the vinaigrette. This part is simple and grounding. In a small bowl or a mason jar, combine the olive oil, apple cider vinegar, maple syrup, and Dijon mustard. Add the salt and a few generous cracks of black pepper. Whisk everything together until it's beautifully combined and slightly creamy, or if you're using a jar, just put the lid on tight and give it a good shake. Set it aside for a moment to let the flavors meld together.

2. Next, let's toast those lovely pecans. Place them in a small, dry skillet over medium heat. You don't need any oil. Let them toast for about 3-5 minutes, shaking the pan occasionally, until they become fragrant and turn a slightly deeper shade of brown. Oh, the smell is just divine. Keep a close eye on them because they can go from perfectly toasted to burnt in a heartbeat. Once they're done, immediately transfer them to a plate to cool down.

3. Now for the assembly. In a large, beautiful salad bowl, add your washed and dried spring greens. Add the thinly sliced Honeycrisp apples, the cooled toasted pecans, and the dried cranberries. Gently toss everything together with your hands or a pair of salad tongs. You want to be delicate here, just lightly mixing so that every handful has a bit of everything, without bruising those tender greens. This is where you see all the colors and textures start to come together.

4. It's time for the finishing touches. Drizzle about half of the vinaigrette over the salad and toss gently to coat. Now, crumble the block of feta over the top with your fingers, letting it fall into rustic, uneven pieces. Give it one last, very gentle toss. Taste a leaf and see if it needs more dressing, adding a bit more if you like. I recommend serving it immediately while the apples and nuts are at their crunchiest and the greens are perfectly crisp. It's just so beautiful.

Nutrition per serving

380 kcal	7 g	21 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- To prevent your apple slices from browning if you're not serving the salad right away, you can toss them in a teaspoon of lemon juice. It's a simple trick that keeps them looking fresh and vibrant.
- The dressing is key, but don't add it until the very last minute before you plan to serve. This ensures your delicate greens stay crisp and perky instead of becoming wilted and sad. It makes all the difference, truly.
- Feel free to play with the greens! I love a soft spring mix, but a peppery arugula would add a wonderful, spicy note that contrasts beautifully with the sweet apples. Baby spinach or even some crisp romaine would also work wonderfully.