

# Apple, Dried Cherry and Walnut Salad

Author: From a cooking class with Phillis Carey



6 tablespoons mayonnaise  
 6 tablespoons maple syrup  
 4 1/2 tablespoons champagne wine vinegar  
 1 tablespoon sugar  
 3/4 cup vegetable oil  
 10 ounces baby lettuce leaves  
 4 whole Granny Smith apple, or pears  
 3/4 cup dried cherries, not sweetened  
 3/4 cup chopped walnuts, toasted

*Per Serving (excluding unknown items): 452 Calories; 36g Fat (68.6% calories from fat); 4g Protein; 33g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 65mg Sodium.*

*Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 6 Fat; 1 Other Carbohydrates.*

**Carolyn T's Tasting Spoons blog:**

<http://tastingspoons.com>

*Description: A great salad for Fall*

Preparation Time: 15 minutes

*Notes: This has a sweet tinge, obviously, with the maple syrup as a sweetener, but it's very tasty and easy. It helps if you have a mandoline to do the julienne apple strips.*

1. Dressing: whisk mayonnaise, syrup, vinegar and sugar in a medium bowl to blend. Gradually whisk in oil mixture, until it is slightly thickened. Season to taste with salt and pepper. Will keep in refrigerator for 2-3 days.
2. In a large salad bowl combine the lettuce, cherries and half of the toasted nuts. It is not necessary to peel the apples or pears, but you may if you choose. Cut the apples into julienne strips and add to the salad, then toss with enough dressing to coat the salad.
3. Divide salad equally onto 8 plates and sprinkle with remaining walnuts.