

# Fall Salad

## Ingredients:

**3 bunches** mixed greens (baby greens, arugula, rainbow chard)

**3** apples, **diced**

**3** carrots, **peeled** and **chopped**

**1/4 Cup** pumpkin seeds, **toasted**

**1/4 Cup** queso fresco cheese, **crumbled**

## For the Vinaigrette:

**4 Tablespoons** apple cider vinegar

**1 teaspoon** Dijon mustard

**1/2 teaspoon** salt

**1/4 teaspoon** pepper

**8 Tablespoons** olive oil

## Directions:

1. In a large mixing bowl, **toss** greens, apples, and carrots together.
2. In a small mixing bowl **whisk** together vinegar, mustard, salt, and pepper. While **whisking**, slowly **drizzle** in olive oil until combined.
3. **Pour** vinaigrette over salad and **toss**. **Garnish** with pumpkin seeds and queso fresco cheese.
4. **Serve** and **enjoy!**

### Vocabulary

**Toss:** to combined ingredients using tongs by gently turning over until blended.

**Whisk:** to mix ingredients with a whisk

**Garnish:** to decorate and add flavor.