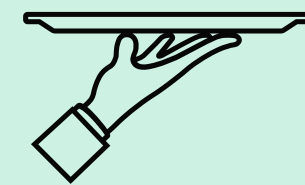# Broccoli Apple Salad with Honey Mustard Vinaigrette

6 servings   20 minutes

Snack ✧ Lunch ✧ Dinner

INGREDIENTS

BROCCOLI APPLE SALAD

1 large crown and stem of broccoli

2 medium apples (honeycrisp are great!)

½ red onion, diced

½ cup raw or roasted pepitas

¼ cup cranberries

HONEY MUSTARD VINAIGRETTE

2 cloves garlic

6 tbsp dijon mustard

4 tbsp maple syrup

4 tbsp olive oil

4 tbsp apple cider vinegar crushed red pepper flakes salt and pepper to taste

Broccoli Apple Salad with Honey Mustard Vinaigrette cont..

DIRECTIONS

1. **Prep the Salad:** Slice the broccoli stem: slice into thin 1/8" discs (the thinner the better), place them into a large bowl.
2. **Cut off the broccoli crown:** break off the head of the broccoli into little bite-size florets, add them to the bowl with the stems.
3. **Half and core the apples:** Place the apples flat side down, dice them and add to the bowl.

Broccoli Apple Salad with Honey Mustard Vinaigrette cont..

DIRECTIONS

4. **Dress the Salad:** Add the cranberries and pepitas to the bowl with the apples and broccoli and drizzle honey mustard vinaigrette over everything.

5. **Mix to combine:** and add more vinaigrette, if needed. Let sit for a few minutes for the flavors to marry.

6. **Serve immediately and enjoy!**

Broccoli Apple Salad with Honey Mustard Vinaigrette cont...

NOTES

I keep a bottle of this homemade Honey Mustard Vinaigrette in my fridge at all times. It's great to marinate seafood, or as a spread for sandwiches and wraps.

Here's How to Make It: Mash and chop the garlic finely. Put it with the other vinaigrette ingredients in a jar or measuring cup, then whisk or shake to mix. Taste and adjust the seasonings if needed.

SERVING SUGGESTIONS

Serve with a side of whole grain pita bread and/ or roasted chickpeas.