

## **Walnut and Blue Cheese Salad**

3 Tbsp lemon or lime juice  
1 tsp honey  
½ tsp Dijon mustard  
2 Tbsp minced shallots  
1 tsp finely chopped tarragon or ¼ tsp. dried tarragon  
¼ tsp salt  
¼ tsp freshly ground pepper  
1/3 cup virgin olive oil  
butter leaf lettuce enough for four  
2 Granny Smith apples  
4 oz blue cheese  
2/3 cup organic walnuts

Wisk together first eight ingredients and set aside.

Arrange butter leaf lettuce on each plate. Thinly slice apples and arrange over lettuce. Crumple blue cheese over apples and top with lightly roasted walnuts. Drizzle with dressing and serve immediately.

*This salad may not follow the hard rules of separating fruits and vegetables but according to the dictionary fruits and vegetables are one and the same so enjoy this salad once in a while! You may want to try using jicama instead of apples if available*