



## Blackberry Honey Walnut Salad

10 oz spinach or spinach/spring green mix  
6 oz blackberries  
1 honey crisp or Fuji apple, chopped  
1 Granny smith apple, chopped  
1 mango, peeled and chopped  
1 small cucumber, sliced and quartered  
1 red bell pepper, chopped  
2 green onions, chopped  
½ cup feta or more to taste

### Honey Roasted Walnuts:

1 cup raw walnut halves  
2 tablespoons honey  
1 tablespoon sugar  
½ teaspoon salt

### Black Currant Balsamic Vinaigrette:

2 tablespoons Black Currant Balsamic Vinegar  
1 teaspoon Dijon mustard  
1-3 teaspoons honey (optional depending on desired sweetness)  
2 tablespoons orange juice  
½ cup Extra Virgin Olive Oil  
¼ teaspoon dry basil  
salt and pepper to taste

To make vinaigrette, in a small bowl, whisk ingredients together until combined. Taste and add additional honey for sweetness, or additional balsamic for more of a “tang” as desired. Store in refrigerator.

To roast walnuts, preheat oven to 350 degrees. Line a baking sheet with parchment paper. Warm honey in a microwave safe bowl just until it liquefies then add walnuts and stir until evenly coated. Spread walnuts on the prepared baking sheet so they are not touching. Bake for 10 minutes. Remove from oven and sprinkle with sugar and salt and stir until evenly coated. Separate walnuts on baking sheet and let cool completely. They will harden as they cool.

Add all of the salad ingredients, including cooled walnuts, to a large bowl and toss until evenly combined. If you expect leftovers, reserve feta and add to individual servings. Whisk vinaigrette to recombine and either drizzle over entire salad or individual servings.

alla vita, 27 State Street, 225-6526, [allavitavermont.com](http://allavitavermont.com)