



WALNUT, GOAT CHEESE and CRANBERRY
SALAD with
BALSAMIC DRESSING

Serves 30

2 kg Container Spring Mix
600g Goat Cheese or Blue
Cheese

2 Cups (500ml) Craisins

3 Cups (750ml) Walnuts
(caramelized)

1 Cup (250ml) Maple Syrup

Basalmlc Vinegarette

Dressing:

Equal parts Balsamic Vinegar
and Olive Oil

2 Cloves Garlic (crushed)

¼ Cup (63ml) Maple Syrup

1Tbsp (15ml) Dijon Mustard

1. In a large bowl combine spring mixes.
2. Caramelize walnuts. Place walnuts into a skillet. Pour maple syrup over and reduce on medium/high heat until there is little moisture left. Stir constantly to avoid burning.
3. Take off heat and cool by stirring the walnuts to avoid sticking together.
4. Break the goat cheese or blue cheese into the salad.
5. Add caramelized walnuts and craisins.
6. Toss

Dressing on the back...

BALSAMIC VINEGARETTE DRESSING

1. Crush garlic cloves. Put into blender or hand blender container.
2. Add Dijon mustard.
3. Pour in vinegar, oil, and maple syrup.
4. Blend and serve.