

Cheddar Apple Salad with Maple Dressing

4 cups torn Boston Bibb lettuce
Maple Poppy Seed Dressing (see below)
4 ounces white Cheddar cheese, cut into short, thick matchsticks
1 apple, peeled, cored and cut into short, thick matchsticks
1/2 red bell pepper, julienned
1/4 red onion, thinly sliced
Maple glazed pecans (see below)

Toss the lettuce with a little of the dressing and mound on each of 4 plates. Top with the cheese, apple, pepper and onion. Lay the pecans on top and drizzle with a little more dressing.

Maple Poppy Seed Dressing:

1/4 cup real maple syrup
2 tablespoons apple cider vinegar
1/8 teaspoon black pepper
1/8 teaspoon salt
1 teaspoon poppy seeds
1 teaspoon minced dried onion
1/3 cup vegetable oil

In a bowl whisk together the syrup, vinegar, pepper, salt, poppy seeds and onion. While whisking, slowly drizzle in the vegetable oil. Let sit in refrigerator for a couple of hours until ready to serve.

Maple Glazed Pecans:

3 cups pecans
1 tablespoon imitation maple extract
1/2 cup brown sugar

Combine all ingredients. Bake at 300 degrees F. until just toasted. Cool and store in airtight container.