

Sautéed Apple and Smoked Turkey Salad

Simple Every Day | October 2008



This main-dish salad covers all the bases: Maple-glazed apples are warm, soft, and sweet; greens and cranberries are cool, crisp, and tart.

START TO FINISH: 30 MINUTES

- 1 RED OR GREEN APPLE (SEE TIP BELOW)
- 1 TBSP. BUTTER
- 1 TBSP. MAPLE SYRUP
- 1/4 CUP FRESH OR DRIED CRANBERRIES OR TART CHERRIES
- 1 6-8-OZ. PKG. MIXED GREENS
- 2 CUPS BITE-SIZE CUBES SMOKED TURKEY (10 OZ.)
- 2 OZ. GOAT CHEESE, CRUMBLED
- 1 RECIPE APPLE CIDER VINAIGRETTE
- 1-2 TBSP. TOASTED COARSELY CHOPPED NUTS (SUCH AS PECANS OR ALMONDS) AND/OR SNIPPED FRESH CHIVES

Core and slice apple into thin slices. In a large skillet melt butter over medium heat. Stir in maple syrup. Add apple slices and cook 6 to 8 minutes or until apples are golden on both sides and still slightly crispy, turning apple slices as needed. Stir in the cranberries or cherries; set aside.

In a large bowl arrange greens. Top with turkey. Spoon on apple mixture and sprinkle with goat cheese. Drizzle with *Apple Cider Vinaigrette*. Sprinkle with toasted nuts and/or chives. Makes 4 main-dish servings.

APPLE CIDER VINAIGRETTE: In a small bowl whisk together 1/2 cup cider vinegar, 2 tablespoons maple syrup, 1 teaspoon grainy mustard, 1/4 teaspoon salt, and 1/4 teaspoon ground black pepper. Gradually whisk in 1/3 cup nut oil (such as pecan or almond). Use at once. Makes about 1 cup.

Per serving: 424 cal., 28 g fat (7 g sat. fat), 53 mg chol., 1,107 mg sodium, 25 g carbo., 2 g fiber, 19 g pro.

APPLE APPEAL

The best kinds of apples to add to savory dishes are the crisp-tart ones. For this salad, consider varieties such as Braeburn, Cortland, Granny Smith, McIntosh, Pippin, or Winesap.