

## An Apple A Day Salad

Prep time: 10 min  
Servings: 1

3 cups mixed greens\*  
1 baby cucumber\*, diced  
1 apple\*, diced  
1-2 cm ginger, diced

Ground cinnamon  
Extra virgin olive oil (EVOO)  
Balsamic vinegar

### Optional:

1 cup quinoa or 2-4 oz. shredded chicken

### Directions

In a large bowl, layer greens, cucumber and apple.  
Sprinkle with cinnamon.

Add ginger, EVOO and balsamic vinegar to taste.  
Serve immediately.



### Variations:

Replace the balsamic vinegar with juice from half a lime. No cinnamon.

Skip the cinnamon - it's still tasty!

Skip the mixed greens - it makes a fruity side dish with quinoa.

\* recommended organic - it's a [Dirty Dozen](#) item