

Flax Coated Goat Cheese and Apple Salad

1	red apple, cored, sliced into 12 wedges	1	
1	green apple, cored, sliced into 12 wedges	1	
1	cup water	250	mL
2	tbsp. lemon juice	25	mL
1	tbsp. granulated sugar	15	mL

Dressing:

¼	cup poaching liquid	50	mL
2	tbsp. pure maple syrup	25	mL
1	tbsp. apple cider vinegar	15	mL
1	tbsp. flax oil	15	mL
¼	tsp. crushed thyme	1	mL
1/8	tsp. ground cinnamon	0.5	mL
4	cups packed baby greens	1	L
5	oz. goat cheese roll (chèvre)	140	g
2	tbsp. whole flaxseed	25	mL

- In a large saucepan, bring the water, lemon juice and sugar to a boil.
- Add apple slices and gently poach until tender-crisp, about 4 minutes.
- Carefully lift out apple slices with slotted spoon. Set aside to cool. Reserve liquid.
- In a small bowl, whisk together poaching liquid, maple syrup, vinegar, flax oil, thyme and cinnamon.
- Divide salad greens among four serving plates.
- Roll goat cheese in whole flaxseed to coat. Slice into 12 slices.
- Place 3 slices of cheese on top of each salad.
- Arrange 3 slices of red and green apple on each salad.
- Drizzle 2 tbsp. (25 mL) salad dressing over each salad.

Yield: 4 servings

Serving Size: ½ cup (125 mL)

Single Serving Nutrient Values

Calories	259.84	
Protein	9.60	g
Carbohydrate	23.46	g
Fiber	4.53	g
Fat	15.99	g
Saturated	8.40	g
Monounsaturated	3.53	g
Polyunsaturated	3.28	g
Cholesterol	27.65	mg
Folate	68.75	mcg
Potassium	380.58	mg
Sodium	201.01	mg