

## Cinnamon and Apple Salad at T Cook's

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Before we start roasting chestnuts on an open fire and digging into hot cocoa and gingerbread, savor the fruits of fall with this salad from Chef Lee Hillson of T. Cook's at Royal Palms Resort and Spa.



### Cinnamon and Apple Salad

Salad:

1 bag Organic mixed greens, washed and dried

½ C Dried cranberries

½ C Toasted walnuts, chopped

½ Granny Smith apple, julienned

To taste Cinnamon vinaigrette (recipe below)

Cinnamon Vinaigrette:

3 T Apple cider vinegar

1 tsp. Ground cinnamon

1 T Brown sugar

1 tsp. Honey

½ tsp. Dijon mustard

2 C Cinnamon oil (Heat canola oil slowly with several cinnamon sticks. Remove from heat after oil is hot and steep until desired cinnamon flavor is achieved.)

In a blender or bowl, mix the apple cider vinegar, cinnamon, brown sugar, honey and Dijon. Slowly drizzle in oil (if using a bowl, whisk constantly) until it begins to emulsify. Use approximately three-parts oil to one-part vinegar mixture. Taste and adjust seasonings until desired flavor is achieved. Serves four to six.