APPLE PECAN ARUGULA SALAD

**Prep time**

5 mins

**Cook time**

10 mins

**Total time**

15 mins

Ingredients

**SALAD**

* 5 cups raw pecans
* 8 lbs Arugula
* 30 small apples (or less if larger) washed, quartered, cored and thinly sliced lengthwise
* 5 red onions, thinly sliced
* 3 cups dried blueberries

**DRESSING**

* 3 cups lemon juice
* 1 cup maple syrup
* 1 cup Olive Oil
* sea salt + black pepper to taste

Instructions

1. Prep Arugula—wash, spin dry and store (1 large stainless steel bowl + 1 1 plastic container with lid
2. Prep Apples—Slice thinly… store in water with lemon juice in container in fridge …try to do this as close to Thursday as you can so they won’t go brown…
3. Prepare dressing in a mixing bowl by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.
4. On Thursday -- Preheat oven to 350 degrees F (176 C) and arrange pecans on a bare baking sheet.
5. Bake pecans for 8-10 minutes, or until fragrant and deep golden brown. Remove from oven and set aside for topping
6. Arugula & Apples will be combined on Thursday with Dressing and Pecans on the side