

SALAD WITH APPLES AND CUCUMBER

yield: 2 SIDE SALADS prep time: 5 MINUTES

This salad with apples and cucumbers is quick and **easy** salad that **is** fresh **and** light **and** perfect for eating along side a bowl of soup **or** a heavier meal.

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INGREDIENTS:

- ~3 cups mixed greens with herbs
- 1 small cucumber (pickle size), thinly sliced
- 1/2 apple, thinly sliced
- 1 tablespoon sunflower seeds

for the dressing:

- 1 teaspoon apple cider vinegar
- 1/2 teaspoon honey
- 1/2 teaspoon dijon mustard
- 2 teaspoons extra virgin olive oil
- salt and pepper to taste

DIRECTIONS:

1. In the bottom of a medium sized bowl, whisk together dressing ingredients.
2. On top of dressing, add greens, cucumber, and apple. Toss together so that all ingredients are coated with dressing.
3. Divide on to two salad plates and top with sunflower seeds. Serve immediately.

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