

## Crisp Apples, Creamy Feta, and a Tangy Honey-Mustard Lemon Dressing = Salad Perfection

Some salads are side dishes. Some are the reason you actually want to eat salad. This



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

You'll Need (Serves 4 | Prep Time: 10 minutes)

For the Salad: 4 cups fresh baby spinach leaves 1 large apple, diced (Granny Smith for tartness, Honeycrisp for sweetness, or a combo of both) 1/2 cup crumbled feta cheese ... cup chopped pistachios:

For the Honey-Mustard Lemon Dressing: 2 tablespoons honey 1 tablespoon Dijon mustard 2 tablespoons freshly squeezed lemon juice ... cup olive oil Salt and black pepper, to taste How I Make It (:

### DIRECTIONS

1. Step-by-: Step)
2. Mix the : Salad Ingredients
3. In a large bowl, I add the baby spinach, diced apple, crumbled feta, and chopped pistachios. I like to dice the apples just before serving so they stay fresh and crisp. If I'm prepping ahead, a quick splash of lemon juice over the apple helps prevent browning.
4. Make the : Dressing
5. In a small bowl or mason jar, I whisk together the honey, Dijon mustard, lemon juice, and olive oil until the mixture emulsifies into a smooth dressing. A pinch of salt and a few cracks of pepper are all it needs to round out the flavor.
6. This dressing keeps well in the fridge for up to a week, so I often make a double batch.
7. Dress and : Toss
8. Just before serving, I drizzle the dressing over the salad-starting with about half, tossing, and adding more as needed. I want everything coated, but not soggy. The apples and pistachios give enough texture on their own without needing to drown the salad.
9. Garnish and : Serve
10. Once tossed, I top the salad with a few extra bits of feta and a sprinkle of pistachios for presentation. It's ready to serve immediately.
11. How I : Serve It
12. This salad shines on its own, but it's also a killer companion for:
13. Grilled or roasted chicken
14. Pork chops or tenderloin

15. (especially with apple notes)
16. A warm bowl of butternut squash soup
17. Quiche or savory tarts for brunch
18. Crusty bread and wine for a light dinner
19. I've also served it as a holiday starter, and it always gets compliments.
20. Variations I've Tried (and Loved)
21. Add avocado
22. for extra creaminess
23. Swap pistachios for walnuts or pecans
24. -toasted nuts are amazing here
25. Use goat cheese instead of feta

## SWAPS & NOTES

) A warm bowl of butternut squash soup  
Quiche or savory tarts for brunch  
Crusty bread and wine for a light dinner  
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A: You can prep the components ahead-just keep the apples and dressing separate until just before serving.

### More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crisp-apples-creamy-feta-and-a-tangy-honey-mustard-lemon-dressing-salad-perfection/>

The spinach will stay crisp longer if you wait to dress it.

A: Granny Smith if you like tart, Honeycrisp if you like sweet, or a mix of both for balance and color contrast.