

# Apple Arugula Salad with Goat Cheese

arugula

1 apple for each salad (granny smith)

dried cranberries

crumbled goat cheese

chopped nuts

vinaigrette dressing

In a large bowl, combine the arugula and dried cranberries. Sprinkle a pinch of salt and toss the ingredients. Using the thick setting, spiralize your apples and place them into the salad bowl. Mix all items until well incorporated. Top the salad with crumbled goat cheese and nuts. Serve with vinaigrette.