



Apple and Blue Cheese Salad

Simple and satisfying.
Serves 4

3 medium	eating apples, cubed
2 tbsp	freshly squeezed lemon juice
4 oz	crumbled blue cheese
1/4 cup	chopped red onion
2 tbsp	mayonnaise
1 tbsp	freshly chopped parsley
1 tsp	Dijon mustard
1 tsp	granulated sugar

1. In a bowl of water, soak apples and lemon juice.
2. In a bowl, combine blue cheese, red onion, mayonnaise, parsley, mustard and sugar. Drain apples and toss together.