



SAUTEED FIG & GOAT CHEESE SALAD

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 5 minutes

SERVES: 6

INGREDIENTS

- 15 dried figs, halved (about $\frac{3}{4}$ cup)
- 1 tablespoon olive oil
- 2 tablespoons water
- 1 medium apple, sliced thin (like Gala, Pink Lady, or Honeycrisp)
- 4 ounces goat cheese, crumbled
- 5 ounces salad greens (about 4 cups)

Dressing:

- 2 tablespoons white wine vinegar
- $\frac{1}{2}$ tablespoon honey
- 1 teaspoon Dijon mustard
- 1 teaspoon onion, minced
- 1 tablespoon olive oil
- Salt and pepper, to taste

PREPARATION

- In a small frying pan, sauté figs with the olive oil and water until all of the liquid is absorbed, stirring occasionally.
- Scatter figs, apples and goat cheese over your greens.
- For the dressing, combine all ingredients in a small bowl, whisk vigorously and pour over your salad.
- Optional: Add spicy or sweet pecans, honey roasted sunflower seeds, or grilled chicken if desired.

ADAPTED FROM

tastykitchen.com/recipes/salads/sauteed-fig-goat-cheese-salad
Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

6 servings per container	
Serving size	1 cup (117g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ENSALADA DE HIGO Y QUESO DE CABRA

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 5 minutos

PORCIONES: 6

INGREDIENTES

- 15 higos secos, cortados a la mitad (aproximadamente $\frac{3}{4}$ de taza)
- 1 cucharada de aceite de oliva
- 2 cucharadas de agua
- 1 manzana mediana, rebanada delgada (como gala, dama rosa, o Honeycrisp)
- 4 onzas de queso de cabra, desmenuzado
- 5 onzas de lechuga verde (alrededor de 4 tazas)

ADEREZO

- 2 cucharadas de vinagre de vino blanco
- $\frac{1}{2}$ cucharada de miel
- 1 cucharadita de mostaza de Dijon
- 1 cucharadita de cebolla, picada
- 1 cucharada de aceite de oliva
- Sal y pimienta, al gusto

PREPARACIÓN

- En un sartén pequeño, saltear los higos con el aceite de oliva y el agua hasta que se absorba todo el líquido, revolviendo ocasionalmente.
- Esparcir los higos, manzanas y queso de cabra sobre la lechuga verde.
- Para el aderezo, combine todos los ingredientes en un tazón pequeño, bata vigorosamente y vierta sobre su ensalada.
- Opcional: Agregue nueces, semillas de girasol asadas con miel, o pollo asada a la parrilla si lo desea.

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