



Refreshing Summer Salads!
Apple ...& Apple Cider Dressing
For either Gasull, Oro San Carlos OR Full Moon
Extra Virgin Olive Oils

Ingredients:

- 1 golden delicious apple or pink lady-type apple, peeled
2/3 cup water
½ cup apple cider
1/3 cup Gasull OR Oro San Carlos extra virgin olive oil
1 tbsp Rice vinegar (or more to taste)
½ Lime juice (or more to taste)
Optional: Small pinch of sugar – approx. ¼ teaspoon
Finely diced shallots
Suggested Additions to Salad:
Kiwi fruit and/or grape halves
Almond slivers

Sea salt & pepper to taste

Instructions:

1. Cut apple into pieces and simmer in water until soft and most of water has evaporated
2. Place apple pieces, oil, and apple cider in blender...blend and transfer to measuring cup or other container
3. Add rice vinegar plus sea salt, lime juice, sugar and pepper to taste – adjust to your palate.

This is best when made fresh, but it can be made up to one day in advance, and kept in the fridge in a small airtight container. Let it sit at room temp for one hour if it has been in the fridge.

Enjoy!

www.theolivarcorp.com

Dolores Smith info@theolivarcorp.com * 519.833.0240