



Fresh Cherry & Toasted Pine Nut Salad

By Chef Veera Gaul, Ph.D.



Ingredients

1 ½ cups halved and pitted cherries
1 cup blueberries
3 – 4 cups fresh baby spinach
1/3 cup pine nuts
1/3 cup crumbled goat cheese (or vegan goat cheese)
¼ cup O&V [Blood Orange Oil](#) *
2-3 tablespoons O&V [Cherry Almond Vinegar](#) *
½ tablespoon honey or [Runamok Maple Syrup](#) *
½ teaspoon Dijon Mustard
Salt and Pepper to taste

Preparation

In a small saucepan over medium low heat, lightly toast the pine nuts till slightly golden. Halve, pit and then slice the cherries.

In a small bowl whisk together the vinaigrette by combining the oil, vinegar, mustard, honey/maple syrup, salt and pepper to taste.

Add the washed and dried spinach to a large bowl. Gently toss with 2-3 tablespoons of the vinaigrette. Arrange on 4 plates.

Top the spinach with the sliced cherries, blueberries, sprinkle with the cooled pine nuts, and the goat cheese crumbles. Drizzle with a little more of the dressing and serve immediately (you may not need all the dressing).

Serves 4

Active time 15 minutes Total Time: 15 minutes

Notes

* The [Blood Orange Oil](#) and [Cherry Almond vinegar](#) add amazing sweet and citrusy notes to this salad. For more tartness in your dressing, you can substitute with an [Unflavored EVOO](#). The vinegar is harder to replace, without changing out the flavors completely, but any high-quality fruity vinegar may be substituted. The **Runamok Maple Syrup** may be purchased at most [Oil & Vinegar stores](#).

Categories: Soups & Salads Gluten Free, Dairy Free Option, Vegetarian, Vegan, Seasonal Salad, Red-White-Blue Salad, Easy Entertaining, Mediterranean Diet, Plant Based, Fruit Forward Salad, Blueberries, Cherries, Cherry Almond Vinegar, Blood Orange Oil, Pine Nuts, Spinach Salad, Dijon Mustard, Runamok Maple Syrup,