

# Apple Mint Salad

*This is a very simple, refreshing salad made mainly with apple, fresh squeezed orange juice and fresh mint. This salad is a great side dish for any occasion, especially with grilled meat or poultry...the refreshing and crisp apples with a hint of mint is very invigorating with fatty meal, giving the meal a nice balance.*



I learned this recipe with my little sister when she brought a large bowl of this apple salad and we all loved it...I could not believe that such a simple recipe with only a few ingredients could be so good. The combination of the crispy apples with orange and a hint of mint is so pleasant for the palate. I meant to share this recipe a while ago but somehow never got to it...and now with July 4<sup>th</sup> approaching it is a perfect occasion to do so.

Mint...I love growing all kind of herbs, as a matter of fact I

have a bunch of different herbs, more than I can ever use...it is so nice to be able to just pick what I need and use...anyway, let's move to the recipe, which is not much of a recipe...just adjust to your taste...

***Ingredients:***

- Apple as many as you need, preferably Fuji, Honeycrisp, Jazz or any crispy type.
- Freshly squeezed orange to coat the apple
- Fresh mint, to your taste
- Salt, just a pinch
- Olive oil, drizzled



***Method:***

Peel and core the apples, slice them thinly and cut into matchstick. Use a vegetable slicer or mandolin. Place them into a bowl.

Squeeze the orange juice over the apples and toss gently until the apples are coated with the juice.

Add a bit of salt and olive oil.

Toss in the thinly cut mint, mix gently. Serve cold.





I hope you enjoy this simple and healthy recipe using apple, you might want to take a look at Zucchini Ribbons Salad recipe.



Did you know that apples are high in fiber and loaded with antioxidants. Therefore apples may help your heart health and reduce risk of developing cancer.



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