

Apple Cranberry Pecan Salad with Steel Cut Oats



Ingredients

- 1 Cup(s) Quaker® Steel Cut Oats - Quick 3-Minute
- 1 1/2 Cup(s) water
- 1/2 Cup(s) whole dried cranberries, coarsely chopped
- 1 Large apple, diced
- 1/2 Cup(s) pecans, chopped
- 1/2 Cup(s) grated parmesan or sharp cheddar cheese
- 2 Tablespoon(s) diced shallots (optional)
- 1/3 Cup(s) figs (fresh or dried), diced (optional)
- Spinach or other salad greens (optional)

Dressing

- 3 Tablespoon(s) apple cider vinegar
- 3 Tablespoon(s) olive oil
- 1 Tablespoon(s) pure maple syrup
- Salt
- Pepper

How to make it

1. In small saucepan bring steel cut oats and water to boil. Reduce heat to low; cover and cook 10 minutes. Remove from heat and fluff oats with fork (note that oats are purposely undercooked to retain texture and bite). Place oats in a strainer and run under cold water until oats are cooled. Drain well. For dressing, whisk together apple cider vinegar, olive oil, maple syrup, salt and pepper; set aside. In large bowl, combine oats, cranberries, apple, pecans, cheese, shallots and figs. Add dressing; toss well. Serve chilled or at room temperature, over spinach if desired.



PREP
TIME

-



COOK
TIME

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TOTAL
TIME

10 minutes



SERVING

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Made with



Quaker® Steel Cut Oats - Quick 3-Minute

2. Brought to you by Samantha Stephens of
OatMeals NY.