



**WATCH THE GRILL SERGEANTS EVERY MONDAY
AT NOON EST**

Bouquet of Greens with Apple, Red Onion and Balsamic Walnut Vinaigrette

2 cups	spring mix or baby field greens
1 ea, 4 strips	cucumber (shaved lengthwise)
1 ea	Fuji apple (cut into wedges)
1 ea	red onion (halved then sliced)
1/2 cup	walnuts (toasted)
4 oz	fresh goat cheese
Optional	crouton

Gather 1/2 cup of field greens and wrap them with cucumber slice. Arrange apple, onion, walnuts, and cheese around bouquet. Yield: 4 servings

Balsamic Walnut Vinaigrette

1 ea	shallot, minced
3 Tbsp	balsamic vinegar
2 tsp	Dijon Mustard
1/3 cup	extra virgin olive oil
1/3 cup	walnut oil
To taste	salt and pepper

Whisk together shallot, balsamic, and dijon. Add the walnut and olive oil in a slow stream while constantly whisking. Season with salt and pepper.