



Apple Cranberry Pecan Salad with Steel Cut Oats



SERVINGS



COOKING TIME

4

-

Apple Cranberry Pecan Salad with Steel Cut Oats is made with some of the best fall flavors and makes for a wonderful addition to your holiday meals or a yummy lunch throughout the fall and winter seasons. With dried cranberries, pecans, and oats, this salad is full of wonderful flavors and textures.

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

Cooking Instructions

1. In small saucepan bring steel cut oats and water to boil.

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