

Grape and Almond Salad with Honey-Yogurt Dressing; (National Honey Board; makes 4-6 servings)

Ingredients:

- Honey, mild, light colored (like clover*), 2 Tbs
- Almonds, sliced, skin-on, ½ cup
- Plain yogurt (can be non-fat, low-fat, or whole milk), ½ cup
- Vegetable oil, 2 Tbs
- Apple cider vinegar, 1 Tb
- Dijon mustard, 1 tsp
- Kosher salt, ¼ tsp
- Red seedless grapes, sliced in half, 4 cups

Directions:

- Preheat oven to 350°F.;
- Spread almonds on a baking sheet;
- Place in oven for 12-15 minutes or until lightly toasted;
- Cool almonds; meanwhile,
- In mixing bowl, whisk together yogurt, oil, honey, vinegar, mustard & salt until smooth;
- With a rubber spatula, gently fold in almonds and grapes.

*The salad dressing should preferably use a mild-tasting and light-in-color honey like clover. Others that work well that have a little more flavor are Avocado and Orange Blossom honey.