
Waldorf Salad

Description

Chef Michi's Waldorf Salad is ideal for an appetizer or light meal. Top this refreshing salad with easy-to-make candied walnuts!

Total time: 20 min Yield: 6 Servings

Ingredients

3/4 cup walnuts
2 Tbsp maple syrup (any pancake syrup works fine)
1 Tbsp brown sugar
non-stick cooking spray
1/4 cup balsamic vinegar
1/2 cup prepared ranch dressing
1 head romaine lettuce
1 bunch local watercress (3 cups chopped)
2 Fuji apples (ripe pears can be substituted)
4 oz feta or gorgonzola cheese (crumbled)
1/2 cup dried cranberries
pepper
parmesan cheese (preferably block, not the prepared kind)

Prep Time: 20 min Total Time: 20 min

Instructions

To prepare “candied” walnuts, combine the walnuts and maple syrup in a small bowl and toss in brown sugar to coat. Spray a non-stick pan with cooking spray and lightly toast walnuts over medium heat. Remove from heat and cool on a sheet of waxed paper.

Combine the balsamic vinegar and ranch dressing and mix well, and then set aside. Hint: It's important to toss your salad dressing into the salad just prior to serving to avoid soggy greens! Go light on the dressing, you can always add more.

Cut lettuce into bite-sized pieces, chop watercress into 1 inch pieces and toss together in a large salad bowl. Slice apples into bite-size pieces (1/8 inch thick). Add cheese, candied walnuts and dried cranberries, and then gently toss dressing into the salad. Season to taste with fresh ground pepper and sprinkle generously with parmesan cheese (for an attractive presentation, use a vegetable peeler to scrape wide curls of parmesan and place on top of the tossed salad).

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai