



Chopped Salad With Apples, Walnuts and Bitter Lettuces

(/recipes/1016989-chopped-salad-with-apples-walnuts-and-bitter-lettuces)

By Martha Rose Shulman | Time: 20 minutes | Yield: 6 to 8 servings

Nutritional information per serving (6 servings)

285 calories; 25 grams fat; 5 grams saturated fat; 9 grams polyunsaturated fat; 11 grams monounsaturated fat; 8 milligrams cholesterol; 12 milligrams carbohydrates; 3 grams dietary fiber; 203 milligrams sodium (does not include salt to taste); 5 grams protein

Nutritional information per serving (8 servings)

214 calories; 19 grams fat; 4 grams saturated fat; 7 grams polyunsaturated fat; 8 grams monounsaturated fat; 6 milligrams cholesterol; 9 milligrams carbohydrates; 2 grams dietary fiber; 152 milligrams sodium (does not include salt to taste); 4 grams protein

36 ratings

Ingredients

FOR THE DRESSING

1 tablespoon sherry vinegar or champagne vinegar

1 teaspoon balsamic vinegar

1 tablespoon freshly squeezed lemon juice

1 small garlic clove, green shoot removed, puréed (optional)

2 teaspoons Dijon mustard

Salt and freshly ground pepper to taste

2 tablespoons walnut oil

5 tablespoons extra virgin olive oil

FOR THE SALAD

4 to 5 cups chopped bitter lettuces such as radicchio, endive or escarole

2 crisp, tart, juicy apples, cut in small dice (1/4 inch)

1/2 cup chopped walnuts

1/2 cup crumbled blue cheese or feta

1/4 cup chopped fresh parsley or a mix of parsley, chives and tarragon

Preparation

- 1.** In a small bowl or measuring cup, whisk together vinegars, lemon juice, garlic, mustard, salt and pepper. Whisk in walnut oil and olive oil.
- 2.** Combine all of the salad ingredients in a large bowl. Toss with dressing until well coated, and serve.

Advance preparation: The salad is best tossed and served right away, but it has good staying power and won't suffer if it sits for an hour before serving. The dressing can be made a day ahead and refrigerated. Let it come to room temperature before dressing the salad.