

## **Mixed Salad With Apple, Nuts & Grapes**

Inspired by Tessa Kiros “Twelve” cookbook, this excellent salad is easy to make and can be changed up to other nuts & cheeses, perhaps hazelnuts & pecorino Toscano or Gorgonzola dolce. Right now is apple season, local grape season and local nuts are available so perfect timing!

Makes 6 – 8 Servings

1 large apple

Mixed greens with radicchio & arugula for 8 servings

½ + cup shelled walnuts, very coarsely chopped & toasted\*\*

½ + cup stemmed local grapes (I have used Coronation & Skookum grapes)

8 Tbsp. very good quality EVOO

2 Tbsp. balsamic vinegar or Mosto Cotto if you have it!

1/3 cup Parmigiano-Reggiano shavings

Wash, core & halve the apple, leaving on the skin. Cut each half thinly; placing the slices into lightly salted cold water that has a bit of lemon juice added.

Wash & spin dry the mixed greens. Divide the greens between 8 plates or one large serving platter. Top with the nuts, the well- drained apple slices, stemmed grapes.

Mix the EVOO and balsamic together in a small bowl; season with salt & pepper & drizzle the dressing over the salads or salad. Scatter with the Parmigiano & serve immediately.

**\*\*If you would like to see how to toast the nuts, please [click here](#).**