

# Apple Arugula Walnut Salad

6 servings



Deb Lindsey Photography

## INGREDIENTS

1¾ cups walnut halves  
7 tablespoons fresh lemon juice  
3 crisp apples, preferably Jazz  
3 teaspoons (plain) rice vinegar  
2 tablespoons honey, preferably local  
3 teaspoons Dijon mustard  
3 teaspoons sesame oil  
6 tablespoons extra-virgin olive oil  
¾ teaspoon table salt  
¾ teaspoon freshly ground black pepper  
3 ounces arugula, rinsed and dried well  
¾ cup unsweetened or reduced-sugar dried cranberries

## DIRECTIONS

- Preheat the oven to 300 degrees F. Spread the walnuts on a rimmed baking sheet. Toast them in the oven for 10 to 12 minutes, until fragrant and lightly browned. Let cool, then gently crush the nuts.
- Meanwhile, fill a mixing bowl halfway with cool water and add 1 tablespoon of the lemon juice. Peel and core the apples. Cut or shave them into very thin slices, submerging them in the bowl as you work (this will help keep the slices from discoloring).
- **To make the vinaigrette**, whisk together the remaining 6 tablespoons of lemon juice, the rice vinegar, honey, mustard, sesame oil, extra-virgin oil, salt, pepper, and ¾ cup of the crushed walnuts in a large liquid measuring cup, until well blended (or combine/shake in a jar that can be tightly sealed).
- **To assemble the salad**, drain the apple slices and pat dry. Place them back in their (empty, dry) mixing bowl and add the arugula, dried cranberries and the remaining cup of crushed walnuts. Add about 6 tablespoons of the vinaigrette and toss lightly to coat. Taste, adding more as needed.

This salad recipe from the Kenmore Middle School culinary team (Arlington) won top honors in the Real Food for Kids' 10th Annual Culinary Challenge, held this year at Hayfield Secondary School in Alexandria. Leftover lemon-walnut vinaigrette can be refrigerated for up to 1 week; shake well before using. The team served this salad with a Quinoa Crust Quiche (see related recipe).