



for Thanksgiving

Fall Salad with Walnut Vinaigrette

Side Dish

Source: Chef Vicky McCaffree of Yarrow Bay Grill and Beach Café

Ingredients:

Salad:

- 1 pound local seasonal greens mix
- 1 large tart apple
- ½ cup walnuts, roasted
- 1 pound beets
- 2 shallots, thinly sliced
- 6 ounces Gorgonzola, crumbled

Walnut Vinaigrette:

- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 6 tablespoons walnut oil
- 1 tablespoon balsamic vinegar
- 6 tablespoons olive oil
- ½ teaspoon salt and pepper to taste

Method:

1. Wash beets and trim greens.
2. Steam or bake beets, covered, for 30-60 minutes depending on size. Peel beets when they are lukewarm and set aside to cool. When cool, cut into wedges or julienne.
3. Wash and dry greens.
4. Cut apple into quarters, remove the core and thinly slice or julienne.
5. Prepare the vinaigrette by combining the vinegars and mustard and then mix in the oils. Season with salt and pepper.
6. Assemble salad. Toss the greens with a little vinaigrette and arrange on a platter or individual plates. Toss the beets and sliced shallots with vinaigrette and sprinkle over the greens. Toss the apple with remaining vinaigrette or just enough to coat the slices and sprinkle over the beets. Top with roasted walnuts and crumbled Gorgonzola.

Serves: 4-6 people