



## Apple and Walnut Salad

Recipe By DEBORAH ADAMS

SERVES: 2

### INGREDIENTS:

- |   |   |
|---|---|
| <input type="checkbox"/> 1 head lettuce, any type (endive is a great choice if in season) | <input type="checkbox"/> 1 tbsp lemon juice           |
| <input type="checkbox"/> 1 large apple, sliced (sweet apples work well)                   | <input type="checkbox"/> 1 tsp lemon zest, grated     |
| <input type="checkbox"/> ¼ cup walnuts, chopped   | <input type="checkbox"/> 2 tbsp plain yogurt          |
| <input type="checkbox"/> 3 tbsp olive oil   | <input type="checkbox"/> ½ tsp sea salt               |
|   | <input type="checkbox"/> ⅛ tsp pepper                 |
|   | <input type="checkbox"/> ¼ tsp fresh parsley, chopped |

### DIRECTIONS:

- ☐ 1. Pull leaves from the lettuce by cutting at the base. Rinse and dry thoroughly.
- ☐ 2. Cut the apple into quarters, remove the core, and slice thinly.
- ☐ 3. In a bowl or lidded jar, combine olive oil, lemon juice, lemon zest, yogurt, salt, and pepper. Whisk or shake gently to blend.
- ☐ 4. Arrange lettuce on a salad plate. Place apple slices on top. Drizzle dressing over the salad and top with walnuts and parsley.

*You can wash and dry the lettuce ahead of time and refrigerate it. The dressing can also be made up to a day in advance and stored in the refrigerator. Slice apples and finish assembling the salad close to serving time.*

**Did you make this recipe?**

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