



Arugula Salad with Dates & Candied Walnuts

Makes: 4 servings

Total Time: 25 minutes

- 1/2 cup walnut or avocado oil
- 3 tbsp Champagne vinegar or white wine vinegar
- 8 cups arugula
- 2 Red Delicious or fuji apples, unpeeled, cored and thinly sliced
- 6 ounces Spanish Manchego cheese, shaved
- 1 & 1/2 cups pitted dates, sliced
- 1 cup Candied Walnuts (see recipe below)
- 1/4 cup balsamic glaze

Candied Walnuts:

- 1/2 cup sugar
- 1 cup walnuts

Whisk oil and Champagne vinegar in bowl. Season with salt and pepper. (Can be made 4 hours ahead. Keep at room temperature. Rewhisk vinaigrette before using.)

Toss arugula, apples, half of cheese, dates, and walnuts in a large bowl with enough vinaigrette to coat. Season salad with salt and pepper.

Mound salad in center of each plate. Drizzle balsamic syrup around salads. Sprinkle remaining cheese atop salads.

Candied Walnuts: Combine walnuts and sugar in sauté pan. Heat over medium heat. Let sugar start to melt. As sugar starts to melt, watch it constantly so that it doesn't burn. When all sugar is melted and coats the nuts, tip out on a sheet of aluminum foil. Spread in a single layer. When cool, break into small pieces.