

Escarole, Apple, Almonds and Shaved Parmigiano Salad

From a cooking class with Joanne Weir
www.joanne weir.com



A green salad with a different look and taste

- 1 head escarole, in 1 1/2 inch pieces
 - 2 whole Belgian endive, leaves separated
 - 2 stalks celery, sliced thin on the diagonal
 - 1 1/2 tablespoons sherry vinegar, or white wine vinegar
 - 4 tablespoons extra virgin olive oil
 - salt and pepper to taste
 - 1 whole Granny Smith apple, halves, cored, thinly sliced
 - 1/2 cup almonds, toasted
 - 1/3 cup Parmigiano-Reggiano cheese, shaved
- Serving Ideas: Instead of a traditional salad bowl, serve this on a large platter.*

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Do not use the outer dark green parts of the escarole.

1. In a bowl toss together the escarole, endive and celery. Place in the refrigerator until close to serving time.
2. In a small bowl whisk together the vinegar and olive oil. Season to taste to salt and pepper. Will probably need extra salt as once you add it to the greens, you'll lose the saltiness altogether.
3. Dip one leaf of escarole into the whisked dressing to taste for salt and pepper. Toss the greens, vinaigrette, almonds and Parmigiano Reggiano. Add apple slices and toss again. Serve immediately.

Per Serving (excluding unknown items): 220 Calories; 19g Fat (73.3% calories from fat); 7g Protein; 8g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.