



cara price

APPLE WALNUT SALAD

INGREDIENTS

- 3 green apples, chopped & peeled if desired
- 1 cup walnuts, roughly chopped
- handful of chopped cilantro
- 2 tablespoons lemon juice
- 1 tablespoon + 2 teaspoons olive oil
- 1 teaspoons taco seasoning
- freshly ground salt & pepper

DIRECTIONS

preheat oven to 350.

place the walnuts in a medium size bowl or baggie & drizzle with 2 teaspoons of the olive oil. sprinkle the taco seasoning over them & mix well to coat the walnuts.

place the walnuts on a cookie sheet & bake about 8 minutes.

while the walnuts are in the oven, peel & chop the apples into bite size pieces. place in a medium size bowl. mix the remaining tablespoon of olive oil with the 2 tablespoons of lemon juice & pour it over the apples. stir to cover the apples with the dressing.

sprinkle the cilantro over the apples & season with freshly ground salt & pepper. this only takes a few turns of the grinder, depending on how much your grinder puts out.

once the walnuts are done, remove them from the oven & allow to cool 5 minutes on the cookie sheet before adding them into the bowl.

mix well & serve immediately. if you have leftovers this will keep for about 2 days in the fridge in a tightly sealed container.