

RECIPE



Apple Slaw with Grape Dressing

Ingredients

- 1/2 cup walnut halves, toast and medium chop
- 3/4 cup loose Concord grapes
- 2 tablespoons walnut oil
- 1/4 cup freshly squeezed lemon juice, plus 2 lemons, cut in half
- Salt and freshly ground black pepper
- 1/4 cup chopped flat-leaf parsley
- 6 Granny Smith apples
- 1 cup seedless, green grapes, halved
- 1 cup seedless red grapes, halved

Heat oven to 350 degrees. Spread walnuts on a foil lined baking pan. Bake 7 - 9 minutes...until you can smell the toasted nuts. Watch carefully. Cool.

Place Concord grapes in a food processor, and puree. Pass puree through a fine sieve set over a small bowl, and discard solids. Add walnut oil and lemon juice to the bowl, and whisk to combine. Add the chopped parsley. Season with salt and pepper; set dressing aside.

Fill a large bowl with cold water. Squeeze lemon halves into water; add rinds. Using a mandoline or a sharp knife, julienne apples. Place apples in the water with the lemons. Set aside.

When ready to serve, drain apples. Combine apples, green and red grapes, chopped walnuts and dressing in a large bowl; toss gently to coat. Serve. Serves 8-10.

(If concord grapes are not available use 1/4 cup Concord grape juice combined with 1/2 cup red grapes.)

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