

Salt and Serenity

Arugula Apple Salad with Spiced Cider Vinaigrette

Adapted from Ingrid Beer's recipe on her charming blog, ***"the cozy apron."***

The recipe makes more spiced nuts and vinaigrette than you will need for this recipe, but the nuts will keep in an airtight container at room temperature for several weeks and the dressing will last for a few weeks in the fridge.

You could just get store-bought spiced/candied nuts for this, but if you have time, the homemade ones are really good.

Serves 4

Spiced Mixed Nuts:

1 egg white, lightly beaten
1½ cups pecan halves
1½ cups shelled pistachios
3 tablespoons sugar
2 teaspoons New Bae seasoning*

Spiced Apple Cider Vinaigrette:

¼ cup apple cider vinegar
2 Tablespoons honey
2 tablespoons spiced mixed nuts
¼ teaspoon cinnamon
¼ teaspoon black pepper
¼ teaspoon kosher salt
pinch cumin
pinch curry powder
½ cup grapeseed or canola oil

Salad:

5-ounce box of baby arugula
1 Belgian endive, leaves separated and sliced lengthwise into long strips
1 small head radicchio, leaves separated and sliced lengthwise into long strips
1 Honeycrisp apple, washed but not peeled, sliced and cut into long julienne strips
4 ounces Gruyere cheese, cut into julienne long strips (optional)
½ cup spiced cuts

1. **Make spiced nuts:** Preheat oven to 350°F. In a small bowl, mix together sugar, and new bae seasoning and set aside.
2. In a medium sized bowl lightly beat egg white with a whisk until frothy. Add pecans and pistachios and toss until evenly coated. Add spice mixture and toss until well coated. Spread evenly on parchment lined baking sheet and bake in

preheated oven for about 15-20 minutes. Remove from oven and allow to cool thoroughly. Break apart nut clusters and store in airtight container at room temperature.

3. **Make vinaigrette:** Place all the vinaigrette ingredients, **except for the oil**, into a blender or food processor. Process until everything is combined and smooth. With the blender or processor running, slowly drizzle the oil through the top and continue blending until dressing is smooth and emulsified.
4. Assemble salad: In a large mixing bowl, combine arugula, endive, radicchio, apples and cheese. Toss with a few tablespoons of dressing. Taste and add more dressing or salt and pepper if needed. Transfer to a serving platter or bowl. Scatter about ½ cup of spiced nuts on top of salad.

*New Bae seasoning is available online from amazon.com in the USA and from naturamarket.ca in Canada. If you can't find it, use 1 teaspoon kosher salt, 1 teaspoon smoked paprika and ¼ teaspoon cayenne.