

APPLE ACCENT SALAD

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Yield: Serves 4 to 6

1/2 to 3/4 head romaine lettuce

2 carrots, shredded

1 large Fuji or Gala apple, chopped

1 cup (240 ml) shredded red cabbage

3 green onions, chopped

1 bunch arugula, chopped

1/2 red or yellow bell pepper, chopped

3 tablespoons chopped, toasted pecans

Alfalfa sprouts

1. Wash the lettuce and pat it dry with a kitchen towel or use a salad spinner. Transfer the lettuce to a large salad bowl.
2. Add the remaining ingredients except the alfalfa sprouts and toss well to distribute the vegetables evenly.
3. Garnish the salad with the alfalfa sprouts and serve with **Triple Citrus Dressing**.

TRIPLE CITRUS DRESSING

With citrus fruits readily available year round, this dressing doesn't have to wait for a special season to share its bright, zesty flavors.

Yield: 2 cups (480 ml)

1/2 cup (120 ml) cashews

1 cup (240 ml) freshly squeezed orange juice

1/3 cup (80 ml) freshly squeezed lime juice

1/3 cup (80 ml) freshly squeezed lemon juice

1/4 cup (60 ml) water

2 tablespoons apple cider vinegar

1 clove garlic, minced

1 teaspoon salt

1/2 teaspoon freshly ground pepper

1/2 teaspoon guar gum or xanthan gum

1. Grind the cashews to a fine meal in an electric mini-chopper/grinder or coffee grinder and transfer to the blender.
2. Add the remaining ingredients and blend, starting on low speed. Switch to high speed and blend for 1 full minute, until smooth and creamy.
3. Using a funnel, transfer the dressing to a narrow-neck bottle or similar container for easier serving. Serve immediately or thoroughly chilled. Stored in a covered container in the refrigerator, Triple Citrus dressing will keep for one week.

Instead of the Triple Citrus Dressing mentioned in the recipe, we favor a dressing that employs the fruits of the season and boasts pungent flavors. The striking cranberry red color provides just the right dramatic contrast to the deep greens of romaine and arugula.

OIL-FREE CRANBERRY DRESSING

- 1 C. (240 ml) fresh cranberries
- 1/2 C. (120 ml) raspberry vinegar
- 3/4 C. (180 ml) water
- 1 clove garlic
- 1 t. salt
- 1/4 t. black pepper
- 1/4 t. dry mustard
- 1/8 t. xanthan gum *
- 1 t. maple syrup

1. Wash cranberries in a strainer and drain. Put them into a blender.
2. Add remaining ingredients, and start blender on low speed for a few seconds. Switch to high speed and blend for a full minute. Using a funnel, transfer to a narrow-neck dressing bottle for easy dispensing.
3. Shake well before using. Store leftovers in the refrigerator. Keeps well for about a week. Makes 2 cups (480 ml).

* Xanthan Gum, sometimes called corn sugar gum, is made by bacterial fermentation of a carbohydrate used as a thickener and emulsifier. Available at natural food markets.