

Okanagan Sweet Apple Salad

With fresh-roasted Agassiz hazelnuts and hazelnut vinaigrette



Sweet Apple Salad

Wash the baby greens and spin dry before using. Preheat oven to 175°C / 350°F. Place hazelnuts on a baking sheet and roast in the oven for 15 minutes or until lightly browned. Remove from the oven and rough-chop the hazelnuts using a large knife.

Hazelnut Vinaigrette

Mix the balsamic vinegar, salt and pepper in a bowl. Add in the hazelnut oil and whisk well.

PLATING

In a large bowl, combine the baby greens and hazelnut vinaigrette, reserving some of the dressing. Then portion about 60 g / ¼ cup of baby greens lightly dressed with vinaigrette in the centre of each plate. Sprinkle the roasted hazelnuts on top of the salad and drizzle a little dressing on and around the salad.

Using a sharp mandoline slicer, julienne the washed apples on top of the salad (approximately 30 g / 2 Tbsp per plate). Serve immediately.

Serves 4

Sweet Apple Salad

230 g	1 cup	baby greens
120 g	½ cup	Agassiz hazelnuts, shell off
2		Okanagan Fuji apples

Hazelnut Vinaigrette

30 ml	2 Tbsp	balsamic vinegar
to taste		salt
to taste		pepper
60 ml	¼ cup	hazelnut oil

Health Benefits

Hazelnuts

- Rich in monounsaturated fatty acids
- Rich in dietary fibre and minerals
- Excellent source of vitamin E and folate

Rocky Mountaineer

- Rich in experience and visual splendour
- Rich in historical knowledge
- Excellent source of daily laughter



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