

Apple, celery and toasted pecan salad

Ingredients

Dressing

- 1 lemon, zested and juiced
- ¼ cup extra-virgin olive oil or avocado oil
- Sugar, salt and pepper, a pinch each
- 1 tablespoon shallot, thinly sliced

Salad

- 2 Pink Lady apples, cored, quartered and thinly sliced
- 8-10 celery stalks, thinly sliced on an angle
- 6 ounce bag radishes, thinly sliced
- ½ ounce fresh parsley leaves
- ½ cup pecans, coarsely chopped
- 1 teaspoon oil



Nutritional information

Servings: 4

Calories: 281 per serving

Directions

Dressing

- In medium bowl, add ½ teaspoon lemon zest and 2 tablespoons juice.
- Whisk in oil and a pinch each of salt, pepper and sugar.
- Add sliced shallots, stir and set aside.

Pecans

- Heat 1 teaspoon oil in a small skillet over medium-high heat.
- Add pecans and cook, stirring until lightly browned, 2-3 minutes.
- Transfer to a plate and sprinkle lightly with salt.

Salad

- Add apple, celery, radish and parsley leaves to the dressing bowl.
- Toss to combine.
- Salt and pepper to taste.
- Garnish with toasted pecans and serve with salmon.