



LUNCH

## Greens & Chopped Apples with Rosemary Walnuts

Reminds me of the Waldorf Salad I ate as a child without the mayo!

YIELD: Serves 4–6

### SALAD INGREDIENTS

- 6 cups mixed greens
- 1 large tart apple
- 1 cup *Rosemary Walnuts* (chopped)  
(See next page)
- 1/4 cup cranberries (optional)
- 2 tablespoons whole flax seeds

### DRESSING INGREDIENTS

- 1 medium green apple (quartered and cored)
- 2 tablespoons apple cider vinegar
- 1 scallion (chopped)
- 1/4 cup parsley
- 2 tablespoons filtered water
- 1/2 cup olive oil
- Sea salt and pepper to taste



### SALAD DIRECTIONS

1. Wash and dry the greens using a salad spinner.
2. Chop apples into bite-size pieces and put into a glass bowl. Cover with filtered water and the juice of 1/2 lemon to keep them crisp and prevent browning.
3. Set aside along with prepared walnuts, flax seeds, and cranberries.

### DRESSING DIRECTIONS

1. Combine apple, vinegar, green onion, parsley, and water in a blender. Puree until smooth.
2. With the blender running on low speed, add the oil in a slow stream. Blend until smooth and emulsified.
3. Taste and adjust seasoning. If dressing is too thick, add a little filtered water.
4. Toss salad greens with apples, walnuts, flax seeds, and enough dressing to lightly coat the leaves. Sprinkle on additional flax seeds and walnuts.

### NUTRITION GEM

## Health Benefits of Greens & Walnuts

A bright combo fruit and vegetable salad with rosemary walnuts for extra crunch.

**Salad Greens** — An excellent source vitamins A, C, E, and K and minerals such as iron, magnesium, potassium, calcium, and folate.

**Walnuts** — Contain protein and fiber for heart and brain health, omega-3 fatty acids for the nerves, along with magnesium, zinc, and B vitamins that help us manage stress.



*"I first saw the site for Disneyland back in 1953, in those days it was all flat land — no rivers, no mountains, no castles, or rocket ships — just orange groves and a few acres of walnut trees."*

— Walt Disney



LUNCH

## Rosemary Walnuts

Nuts add a satisfying crunchy texture to salads and are a great snack.

YIELD: Serves 12

### INGREDIENTS

4 cups walnut halves

2 teaspoons sea salt

Filtered water to cover

1/4 cup butter

1/4 cup dried rosemary

2 teaspoons sea salt

1 teaspoon cayenne pepper

### DIRECTIONS

1. Spread walnuts on a parchment-lined baking sheet and toast in a 325°F oven for 8 minutes, turning halfway through so they cook evenly.
2. While the nuts are toasting, melt the butter in a small saucepan and stir in the rosemary. Allow the rosemary to infuse with the butter over low heat for 2-3 minutes.
3. Stir in the sea salt and cayenne pepper.
4. Remove the walnuts from the oven and transfer them to a large bowl.
5. Pour the melted butter and rosemary mixture over the walnuts and toss gently until all the nuts are coated.
6. Spread the walnuts onto a parchment-lined baking sheet again.
7. Return to the oven for about 10 minutes at 325°F.



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### NUTRITION GEM

## Health Benefits of Rosemary

In William Shakespeare's play Hamlet, the character Ophelia says: "There's rosemary, that's for remembrance".

**Rosemary** — Rosemary aids the immune system, improves circulation, helps regulate blood sugar levels, enhances memory, protects the nerves, and promotes hair growth.