

Apple & Endive Salad — by Paula Hendricks, Nutrition Consultant



I just love the autumn flavors of fresh, crisp apples, walnuts and endive mixed with some delicious Gorgonzola cheese. Toss this salad with some greens for a holiday salad or add some turkey from Thanksgiving for a scrumptious lunch or dinner. Enjoy on the LCD or MD Key Diets.

The meat in the picture to the left is seared Ahi Tuna on the side.

Ingredients:

- For the dressing: 1 T. olive oil, 1 T. white balsamic vinegar and ½ teaspoon Napa Valley Meritage seasoning.
- 3 heads of Endive lettuce (best price at Trader Joe's)
- 1 small red apple, diced with skin left on
- 5 walnut halves, chopped, about a half an ounce
- ¼ cup gorgonzola or bleu cheese crumbles
- 2 cups of lettuce (Arugula, Romaine, or Butter leaf)
- 9 ounces shredded or cubed cooked turkey



Instructions:

Mix the salad dressing with all the ingredients together except for the greens. Toss some salt and pepper in to taste. Let the flavors mingle for about 5 minutes; then add the greens. It's that simple! You are ready to enjoy a delicious autumn flavored lunch or dinner.

Nutritional Analysis: Each salad serving contains approximately 35 grams of protein, 7 grams of net carbs, 2 grams of fiber, 23 grams of fat, and about 375 calories. (4 fat servings in this dish)