



## Arugula Apple Salad

1 pound baby arugula leaves, washed and dried  
1 large head radicchio, washed, dried and torn  
1 bunch mint leaves, washed, dried and torn  
4 Gala apples, cored and sliced thinly  
1 ½ cup walnuts  
Olive oil  
Salt  
1 small red onion very finely chopped  
½ cup sour cream  
½ cup buttermilk  
1 cup mayonnaise  
2 tablespoons fresh lemon juice  
1 teaspoon salt

### *For the dressing:*

- Place the onion in a bowl. Add the lemon juice and salt. Set aside for 10 minutes.
- Whisk in the buttermilk, sour cream and mayonnaise.
- Add salt to taste if necessary.

### *For the salad:*

- Heat the oven to 375 degrees.
- Place the walnuts in a baking sheet, in a single layer, and toast for about 10 minutes. Be careful no to burn the walnuts.
- Remove from oven and drizzle with a little bit of olive oil. Salt.
- In a large bowl, mix the arugula, radicchio and mint leaves. Toss to mix well.
- In another bowl coat the apples with half the salad dressing. Toss the coated apples with the greens.
- Add a little more dressing if necessary. You do not need to use too much dressing. Save the remainder dressing in a covered container, in the fridge for a few days.
- Toss in the walnuts. Serve.

