

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Spring Greens with Mustard Balsamic Vinaigrette, Scallions, Crisp Apple, Toasted Walnuts

The natural sweetness of balsamic vinegar combined with the tartness of red wine vinegar provides a vibrant and refreshing balance to the stronger flavored greens such as the radicchio, endive and arugula. Taste the dressing on a leaf of lettuce. Then adjust it to suit your taste. Use more vinegar if you like a tarter dressing or more oil if you prefer it richer. Vary or substitute your favorite greens for the ones listed. And, do include a variety of both bitter and mild, and soft and crisp greens. Note: choose a not-too-sweet or syrupy balsamic vinegar for the dressing, such as [Costco's](#) Kirkland brand.

Makes 3-5 servings

Active time 15 minutes

Half of a small head of radicchio, 2-3 cups of approximately one-inch pieces

1 small head endive, ½ inch slices

2 cups baby arugula or watercress

Half of a head of Butter lettuce, 3-3 ½ cups of approximately one-inch pieces

½ cup walnut halves and pieces, toasted 10-12 minutes 300 degrees

½ crisp apple, cored and thinly sliced

⅓ cup thinly sliced scallions

¼- ½ cup crumbled goat cheese, optional

Salt and freshly ground pepper to taste

1. Place all of the ingredients in a large salad bowl. Sprinkle lightly with salt and pepper. Add half of the Mustard Balsamic Vinaigrette and toss just before serving. Add more dressing as needed to evenly coat the greens.

Mustard Balsamic Vinaigrette

Makes about ½ cup

1 slightly rounded teaspoon [homemade whole grain mustard](#), or other country-style mustard

Large pinch salt

4 twists freshly ground pepper

2 tablespoons balsamic vinegar

1 tablespoon red wine vinegar

¼ cup Extra Virgin Olive Oil

1. Place all the dressing ingredients in a jar. Cover tightly and shake about 20 seconds or until the dressing emulsifies.
2. The dressing can be made a week in advance. Bring to room temperature before using. If the oil and vinegar have separated, give the jar a few shakes to emulsify it again before tossing it with the salad.