



Figure 1 Photo by Ty Mecham - Photo Courtesy Tara Teaspoon Bench

Walnut Salad with Radicchio and Buttermilk Dressing
Updated version of Waldorf salad, elegant and easy

Candied Pecans

3 Tablespoons pure maple syrup
Pinch cayenne pepper
3/4 cup (3 ounces) pecans

Buttermilk Dressing

1/2 cup buttermilk
1/4 cup plain Greek yogurt
1 Tablespoon fresh lemon juice
1 Tablespoon chopped chives
1 Tablespoon chopped parsley, plus more for garnish
1/4 teaspoon kosher salt
Pinch black pepper

Salad

1 small head or half a large head radicchio (10 ounces)
1 apple, cored and cut in half
3 ribs celery, sliced on the bias
1-1/2 cups seedless red grapes, sliced in half

Prepare the Pecans: Line a baking sheet with parchment and set aside. In a small skillet over medium heat, bring maple syrup and cayenne to a boil. Boil 1 minute and then add pecans. Stir to coat and cook another 30 seconds. Turn onto lined baking sheet and separate nuts. Set aside and let cool completely. When cool, coarsely chop.

Prepare the Dressing: Whisk together all ingredients and set aside in the refrigerator.

Prepare the Salad: Break or chop radicchio into pieces. Use a mandoline or slicer to thinly slice apple. Arrange radicchio, apple, celery, and grapes in a bowl, then top with chopped pecans. You can toss with the dressing and extra parsley at this point; or you can serve the salad with the dressing and parsley on the side so guests can dress their own salad. Serves: 6 to 8

Makes 3/4 cup dressing Hands-on-Time: 25 minutes Total Times: 30 minutes

Recipe from: Tara Teaspoon, Tara Bench, *Delicious Gathering*, p. 67, Shadow Mountain Publishing.

Note from Tara Teaspoon: Radicchio is a very strong, sometimes bitter leafy vegetable. I think it's fantastic with tangy buttermilk and yogurt. But if you want a milder salad, opt for butter lettuce leaves

About the Recipe: The classic Waldorf salad originated in New York City, and featured lots of apples, celery, and grapes with its greens. Tara was inspired to add shaved apple, flavorful radicchio, and a light savory buttermilk dressing. She also added candied pecans rather than walnuts. The updated version is elegant and welcoming.