



## Winter Salad With Apples, Pecans & Blue Cheese

- 1 tsp. plus  $\frac{1}{4}$  cup olive oil
- $\frac{1}{2}$  cup pecans
- 2 Tbsp. sugar
- $\frac{3}{4}$  tsp. salt
- 2 Tbsp. sherry vinegar
- 1 small shallot, minced
- $\frac{1}{4}$  tsp. pepper
- 4 cups torn escarole (8 oz.)
- 1 small head radicchio ( $3\frac{1}{2}$  oz.),  
torn into bite-size pieces (2 cups)
- 2 cups torn frisée
- 2 red apples (1 lb.), halved and cut into  $\frac{1}{4}$ -in.-thick wedges
- 6 oz. blue cheese, crumbled



1. In small skillet, heat 1 teaspoon oil over low heat. Add pecans and sugar, and cook, stirring, until sugar melts and turns amber, and pecans are crisp and coated, about 5 minutes. Transfer to bowl. Sprinkle with  $\frac{1}{4}$  teaspoon of salt.
2. In large bowl, whisk together vinegar, remaining  $\frac{1}{4}$  cup oil, shallot, remaining  $\frac{1}{2}$  teaspoon salt and pepper.
3. Add escarole, radicchio, frisée and apples. Toss well. Top with cheese and pecans.

Makes 6 servings

Per serving: 311 calories, 25 g fat, 17 g carbohydrates (3.5 g fiber), 8 g protein

