

Arugula-Walnut Salad (from *Greens Glorious Greens*, Johnna Albi & Catherine Walthers)

This wonderful salad is excellent fare for dinner parties. The sharp yet nutty taste of the arugula and the crisp bitterness of the radicchio are enhanced by the warm, sweet orange balsamic vinaigrette. What's more, it's lovely to look at!

Serves 4-6

3 Tbsp lightly toasted walnut halves
2 bunches arugula leaves (about 4 cups)
1 ½ cups shredded radicchio
1 yellow pepper, sliced into thin strips
3 Tbsp extra virgin olive oil
2 Tbsp finely minced red onion
1/8 tsp sea salt
1 Tbsp minced fresh parsley
1 Tbsp balsamic vinegar
¼ cup freshly squeezed orange juice (use blood oranges if available)

To toast walnuts, preheat oven to 325. Place walnuts on a cookie sheet and toast for 5-7 minutes. Check after 5 minutes to avoid burning. Set aside.

Wash arugula well and trim stems if necessary. Use whole leaves or tear into bite-size pieces if leaves are too large. Place in a medium size bowl.

Add shredded radicchio, yellow pepper, and cooled walnuts to arugula and toss gently. Set aside while you prepare the dressing.

In a small skillet, heat 1 Tbsp of the olive oil. Add red onion and sauté until soft, about 5 minutes. Sprinkle salt over red onion and add parsley. Stir.

Just before serving, add remaining olive oil and balsamic vinegar and heat through. Remove from heat and add orange juice. Pour over salad, toss very gently, and serve immediately on individual salad plates.