

# Apple and Bitter Lettuces Salad

By Martha Rose Shulman | **YIELD** Serves 4 to 6 | **TIME** About 10 minutes

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## INGREDIENTS

### FOR THE DRESSING

**1 tablespoon fresh lemon juice**  
**1 tablespoon sherry vinegar**  
**1 teaspoon balsamic vinegar**  
**Salt to taste**  
**1 scant teaspoon Dijon mustard**  
**1 small garlic clove, puréed**  
**¼ cup extra virgin olive oil or  
grapeseed oil**  
**2 tablespoons walnut oil**

### FOR THE SALAD

**4 to 5 cups mixed bitter and pungent  
lettuces, such as endive, radicchio,  
arugula, frisee, or 3 to 4 cups bitter  
lettuces and 1 to 2 cups torn up  
milder lettuce such as bibb or  
romaine**  
**1 large or 2 smaller tart apples, such  
as a Braeburn or Pink Lady, cored  
and cut into very small dice (1/2 to  
1/4 inch)**  
**1 tablespoon chopped fresh  
tarragon**  
**¼ cup toasted cashews or broken  
walnuts or pecans (lightly toasted if  
desired)**

## PREPARATION

### Step 1

In a small measuring cup or bowl, whisk together lemon juice, vinegars, salt, Dijon mustard and garlic. Whisk in oils. Taste and adjust salt.

### Step 2

Combine lettuces, apples, tarragon and nuts in a salad bowl. Toss with the dressing and serve.

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## PRIVATE NOTES

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