

# Apple & Walnut Salad

Serves: 2

Prep: 15 mins

Cooking: 5 mins

## Ingredients

- 2 apples – peeled, sliced & julienne
- Small celeriac - peeled, sliced & julienne
- 50g fresh walnuts
- 1 tsp sugar
- pinch of chilli powder or flakes
- Sour cream/plain yoghurt to dress
- Chopped flat leaf parsley
- Small cos lettuce leaves

## MJ Nutrition

### Exchanges per serve

			
1.0	1.0	2.5	1.0

### Nutrients per serve

1150kJ (275cals), 4.3g Protein  
 17.5g Fat, 1.1g Saturated Fat,  
 24g Carbs, 22.6g Sugars, 6g Fibre,  
 31mg Sodium

## Method

1. In a hot pan, lightly dry roast/fry the walnuts
2. When coloured add the sugar & chilli to caramelize.
3. Lightly dress the apple & celeriac – season
4. Toss through the walnut & parsley & serve on the lettuce.



Source: Alan Brown at 'Nutrient Rich Fitness'

Date: 29 March 2011