

CELERY, DATE AND WALNUT SALAD

Recipe by Stanford Health Improvement Program

Ingredients

Vinaigrette

- 2 Tablespoons of sherry vinegar
- 2 Tablespoons of walnut oil
- 2 Tablespoons of extra virgin olive oil
- 1 minced shallot
- Salt and pepper

Salad

- 1 bunch of celery
- 6-8 dates, chopped
- 1 cup walnuts, toasted
- 1/3 cup of sharp cheese (ex: parmesan, white cheddar), shaved

Directions

1. Heat walnuts in a toaster oven at 350 degrees for 5-7 minutes. Let the walnuts cool while you prepare the dressing and the other salad components.
2. For the vinaigrette, combine the dressing ingredients and whisk together. Salt to taste.
3. Slice the celery and dates into ¼-½ inch segments and shave the cheese.
4. Place the celery in a large bowl. Add the dressing and toss. Top with cheese, dates, and crumbled walnuts.

(2-4 servings)