

# Escarole, Apple, Almonds and Shaved Parmigiano Salad

Carolyn T's  
Cookbook

Servings: 6

Source: adapted from a cooking class with Joanne Weir

Alternate Source: [www.joanneveir.com](http://www.joanneveir.com)



1 head escarole, in 1 1/2 inch pieces  
2 whole Belgian Endive, leaves separated  
2 stalks celery, sliced thin on the diagonal  
1 1/2 tablespoons sherry vinegar, or white wine vinegar  
4 tablespoons extra virgin olive oil  
salt and pepper to taste  
1/4 teaspoon sugar  
1 whole Granny Smith apple, halves, cored, thinly sliced  
1/2 cup almonds, toasted  
1/3 cup Parmesano-Reggiano Cheese, shaved

Serving Ideas: Instead of a traditional salad bowl, serve this on a large platter.

Categories: Salads

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 170 Calories; 15g Fat (78.6% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Notes: Do not use the outer dark green parts of the escarole.

Description: A green salad with a different look and taste

**Preparation Time: 20 minutes**

Start to Finish Time: 30 minutes

1. In a bowl toss together the escarole, endive and celery. Place in the refrigerator until close to serving time.
2. In a small bowl whisk together the vinegar, sugar and olive oil. Season to taste with salt and pepper. Will probably need extra salt as once you add it to the greens, you'll lose the saltiness altogether.
3. Dip one leaf of escarole into the whisked dressing to taste for salt and pepper. Toss the greens, vinaigrette, almonds and Parmigiano Reggiano. Add apple slices and toss again. Place one or two apple slices on the top decoratively. Serve immediately.