

# Broccoli, Apple, Walnut and Red Onion Salad

## Ingredients

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- 1 bunch Broccoli
- ½ Red Onion, thinly sliced
- 1 cup Chopped Walnuts
- 3 tablespoons Balsamic Vinegar
- 3 tablespoons Grainy Dijon Mustard
- 1 Garlic clove, minced
- ½ teaspoon Salt
- 1 tablespoon Maple Syrup
- ⅓ cup Olive Oil
- 1 Large Tart Apple, thinly sliced

## Directions

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1. Bring a large pot of water to a boil. Cut broccoli florets from the broccoli stems. Discard stems or save to use in a vegetable stock. When water reaches a boil, add the broccoli florets and boil for approximately 1 minute or until broccoli becomes a vibrant green. Remove broccoli to a large bowl of ice water to set the color and stop the cooking. Add the red onion slices to the boiling water for just a few seconds. Remove with a slotted spoon to the ice water with the broccoli.
2. In a small dry skillet toast the walnut pieces over medium heat until lightly browned
3. In a large bowl whisk together the vinegar, garlic, salt, and maple syrup. Slowly drizzle in the olive oil and whisk until it is emulsified.
4. Drain the broccoli and onions. Pat dry. Add them to the bowl with the dressing along with the walnuts and sliced apple. Toss to combine. Serve immediately or refrigerate until needed. Can be served cold or at warm temperature.