

Heirloom Apple and Watercress Salad with Wildflower Honey Vinaigrette

Thanksgiving: Back to Our Roots | November 2005



Each heirloom apple variety—Newton Pippins and Braeburns are two favorites—has its own personality and look, so use a mix in this autumnal salad. All pair well with floral wildflower honey and zippy greens.

- 8 CUPS BABY SPINACH OR MESCLUN**
- 2 CUPS WATERCRESS**
- 1 SMALL RED ONION, VERY THINLY SLICED**
- 3 HEIRLOOM OR GALA APPLES, CORED AND THINLY SLICED**
- 1 CUP POMEGRANATE SEEDS OR 2 CUPS HALVED SEEDLESS GRAPES**
- WILDFLOWER HONEY VINAIGRETTE (SEE RECIPE BELOW)**

Combine baby spinach or mesclun, watercress, and onion in a large salad bowl. Toss with about $\frac{1}{4}$ cup *Wildflower Honey Vinaigrette* to coat. Top with apples and pomegranate seeds or grapes. Drizzle with about $\frac{1}{4}$ cup additional vinaigrette. If desired, sprinkle with finely chopped edible flower petals (such as marigolds and nasturtiums). Pass remaining vinaigrette. Makes 8 to 10 servings.

WILDFLOWER HONEY VINAIGRETTE: In a small bowl whisk together $\frac{3}{4}$ cup salad oil (preferably grapeseed oil), $\frac{1}{3}$ cup sherry vinegar or cider vinegar, 3 tablespoons wildflower honey, 1 teaspoon finely shredded lemon peel, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon ground nutmeg.

MAKE-AHEAD TIP: Prepare and chill the Wildflower Honey Vinaigrette up to 2 days ahead. Bring to room temperature and whisk before using. Wash and dry salad greens up to 2 days ahead; chill in storage bags. Up to 2 days ahead, remove pomegranate seeds from membrane by submerging quartered fruit in water; use your fingers to loosen seeds. Drain seeds, dry on paper towels, and chill in a small storage bag.