Autumn Harvest Crunch Salad with Toasted Pecans

Recipe by Chef Megan McCarthy, *Healthy Eating 101*

Ingredients

1 cup celery, chopped
1 Granny Smith apple, diced
1 ripe persimmon, diced
5–6 Medjool dates, pitted and diced
½ cup pecans, toasted and roughly chopped
¼ cup pomegranate arils
½ cup Grana Padano, shaved
¼ cup extra-virgin olive oil
2 T apple cider vinegar
Sea salt, to taste

Method

Toast the pecans. Place pecans in a dry skillet over medium-low heat for 3–5 minutes, stirring frequently, until fragrant and lightly toasted. Allow to cool, then roughly chop. Chop the celery, dice the apple and persimmon and pit and dice the dates. If preparing ahead, toss the apple with a little apple cider vinegar to help prevent browning. In a small bowl, whisk together the olive oil and apple cider vinegar. Season with sea salt to taste. In a large bowl, combine the celery, apple, persimmon, dates, and pomegranate arils. Drizzle with the vinaigrette and toss gently. Add the shaved Grana Padano and toasted pecans, reserving a few pecans and pomegranate arils for garnish. Transfer to a serving platter or individual plates. Finish with the remaining pecans and pomegranate arils and serve immediately.



ATLANTA BOTANICAL GARDEN



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