

Nectarine-Feta Tossed Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  30
m

Serves:  6

Contains:  

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free, Low Carb

Source: Family Table by
Mishpacha Magazine

When I first tested this recipe and served it as a light supper (during a heat wave when nobody was in the mood of eating!), I estimated it would feed 6–8 people.

It was so good that three of us finished the entire bowl. It's a combination of sweet, salty, crunchy, and soft, and the dressing and topping are literally bursting with flavor. I know what you're making for lunch or supper today!

Ingredients (20)

Salad

- 1 (16-oz./450-g.) bag shredded romaine lettuce
- 2 firm nectarines, sliced
- 1/2 large green apple, unpeeled, and cubed
- 4 ounces (110 grams) crumbled feta cheese (I used 5%)

Dressing

- 3 tablespoons **Bartenura Olive Oil**
 - 2 tablespoons water
 - 1 and 1/2 tablespoons **Kedem White Wine Vinegar**
 - 2 tablespoons finely chopped onion (I prefer red onion, so the dressing is pastel pink in color)
 - 1 and 1/2 teaspoons **Haddar Dijon Mustard**
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
 - 1 rounded teaspoon sugar
 - 1/8 teaspoon oregano
 - 1/4 teaspoon dried parsley flakes
 - salt, to taste
 - pepper, to taste
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Crunch

- 1 tablespoon butter
 - 1/2 cup pecan halves or pieces
 - 1/2 tablespoon sugar
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Salad

Serves 4 as a main dish, 6-8 as a salad

1. Prepare the crunch: In a small skillet, melt the butter over medium heat. Add the nuts, and sprinkle with sugar, salt, and pepper. Stir until well coated. Reduce heat and continue toasting for approximately 8 minutes, stirring occasionally. Remove from heat and set aside.
- 2.

Place all dressing ingredients in a bowl. Blend with a blender stick until smooth and creamy.

3. Combine all salad ingredients in a large bowl. Drizzle dressing over salad right before serving. Toss together. Sprinkle with seasoned pecans.

Tip:

Place feta cheese in the freezer for half an hour before crumbling. It will be easier to crumble.