Sorrel Salad with Apple, Blue Cheese and Oatmeal Croutons

This is a salad with a lot of great textures and it’s bursting with an abundance of flavors. Creamy blue cheese, crunchy oatmeal croutons and crispy apple pieces combined with a variety of lettuces leaves will surely make this a salad your tasters will be clamoring for more. Sorrel breaks down easily, so it’s best to toss the salad just before serving. You can use almost any type of lettuce leaves with the sorrel: spinach, red leaf, or a mixture of salad greens work in place of mâche and/or arugula. For each serving, allow for about one large handful of a combination of the lettuce leaves.

**Salad**
- sorrel leaves, torn into bite-sized pieces
- mâche
- baby arugula
- Kerry’s All-Purpose Vinaigrette
- apple, cut into bite-sized pieces (a sweet and crisp variety)
- blue cheese, crumbled
- Oatmeal Croutons with Honey and Garlic (see recipe below)

1. In a large bowl, combine equal amounts of sorrel leaves, mâche and arugula or desired lettuce leaves.
2. Gently toss greens with vinaigrette dressing, just to coat the leaves. Transfer greens to shallow rimmed serving bowls and top each with apple pieces, blue cheese and oatmeal croutons. Serve immediately.

**Kerry’s All-Purpose Vinaigrette**
- ¼ cup apple cider vinegar
- 1 teaspoon salt
- several grindings of freshly ground black pepper
- 1 teaspoon Dijon-style mustard
- ⅛ cup extra virgin olive oil

In a 2-cup capacity jar with a tight-fitting lid, combine apple cider vinegar, salt, pepper, and mustard. Shake until ingredients are well blended and salt has dissolved. Add olive oil and shake again to combine ingredients. Store at room temperature until ready to serve; shake well just prior to using. Refrigerate any unused portion. About 1 cup

**Oatmeal Croutons with Honey and Garlic**
- 1 cup quick-cooking oatmeal
- ¼ cup canola oil
- ⅛ cup honey
- ⅛ cup minced garlic (about 3 large cloves)
- salt, to taste

1. Preheat oven to 350°.
2. In a medium bowl, combine oatmeal with canola oil, honey and garlic. Stir until ingredients are well distributed. Transfer mixture to a parchment-lined baking sheet and bake for 10 minutes. Using a metal spatula, turn oats and bake an additional 10-15 minutes or until deep chestnut brown. Remove from oven, turn again and season with salt.
3. Allow oatmeal croutons to cool completely on baking sheet until crisp. Serve immediately or transfer to an airtight container. About 1 cup

Recipes provided by cookbook author Kerry Dunnington