FIG & FETA SALAD

Ingredients:

- fresh black figs, medium to large
- 6 -9 ounces feta cheese or 6 -9 ounces chevre cheese, Goat's Cheese
- 9 ounces walnut halves, roughly chopped
- 1 teaspoon Dijon mustard
- 6 tablespoons walnut oil
- 1 tablespoon white wine vinegar
- salt
- black pepper
- fresh fig leaf (to garnish)



Directions:

Toasted Walnuts:
In a large, heavy frying pan, over a high heat, toast the walnuts for 2 to 3 minutes, stirring frequently. Remove and set aside to cool.
Vinaigrette:
Put the vinegar and a good pinch of salt and black pepper in a screw-top jar and shake until the salt has dissolved. Add the mustard and walnut oil, then shake again to emulsify – the emulsion will hold for ten minutes or so, but give it another jiggle just before you use it to dress the salad.
Salad:
Wipe the fresh figs gently, and cut them in half. Arrange on a large platter, OR on individual plates - allowing 4 to 5 fresh figs per person, depending on the size. Sprinkle 1 to 1 1/2 ozs of crumbled feta or goat's cheese per person, over the top of the fresh figs. Scatter the chopped, toasted walnuts over the fig salad. Just before serving, drizzle the vinaigrette over the salad, and garnish each plate with 1 2 fresh fig leaves if available.
Serve with crusty bread and butter. Can also be served as a dessert/cheese course combined :)
Add your favorite lean protein on top to make a complete meal!

NUTRITION PER SERVING:

Calories 626, Fat 48g, Sat Fat 9g, Chol 27mg, Sodium 348mg, Carbs 46g, Fiber 9g, Sugar 35g, Protein 12g

Reference: www.food.com