

# Superb Apple Salad

Bernie Gardner

---

- 3 crisp Gala or Fuji apples
- 3 T. lemon juice
- 3 celery stalks, cut into thin diagonal pieces
- 1 C. pistachios or walnuts, toasted and chopped
- $\frac{3}{4}$  C dried cranberries (or golden raisins, or currants)
- 2 T. honey
- $1\frac{1}{2}$  T. sherry vinegar, rice vinegar or apple cider
- pinch or two of salt
- $\frac{1}{4}$  C. fresh spearmint or other mint, minced

1. Slice apples into quarters lengthwise and cut out cores. Then cut into half-inch chunks, and toss with the lemon juice. 2. Combine with remaining ingredients, reserving one-half the mint for garnish. 3. Check seasoning and adjust.

This is best if prepared an hour or two before you eat.

*The Femme Responds: The combination of flavors, especially the mint, apples, and walnuts, was fantastically fresh tasting! This would be great for a Thanksgiving dinner or a meal by itself with hot rolls.*

**Butch Bio:** When I was a Zen student, the teachers watched to identify what their students were afraid of. They made me head cook. Other than that I never cooked, except with a microwave and a pair of scissors, until my partner, Leslie Hall, got cancer. Then I began to cook, to make sure she got enough protein. Leslie would say she wasn't hungry and I would tell her, "I don't care if you don't eat it, but I'm making dinner." When it was in front of her, she would start eating a little at a time, and then it would be gone.