



NUTRITION per serving 70g carbohydrates 17g fat 12g protein 1248mg sodium | calorie-conscious, vegetarian



Calories
454



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



Fuji Apple Salad with Everything Bagel Croutons with toasted walnuts

IN YOUR BOX

- 1 Mini Baguette
- 1 Fuji Apple
- 1 Red Onion
- 4 oz. Grape Tomatoes
- ¼ oz. Capers
- ½ fl. oz. Champagne Vinegar
- ½ oz. Honey
- 1 oz. Walnut Halves
- 1 ½ Tbsp. Home Chef "Everything Bagel" Seasoning
- 4 oz. Baby Arugula

CONTAINS: wheat, tree nuts (walnuts), soy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Grill Pan or Outdoor Grill

www.homechef.com/3898

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

FROM THE CHEF

If you have a large enough outdoor grill, cook all components at once for a quick, easy meal!

Did you know...

Mix up a batch of “everything bagel” seasoning at home and use it for crusting, well, everything! It’s made with three parts each white sesame seeds and poppy seeds, two parts dehydrated minced garlic, one part dehydrated minced onion, and half part coarse sea salt.



Prepare the Ingredients

Cut **baguette** into 1” cubes. Halve **apple**, core, and cut into ¼” slices. Peel **onion** and slice into ¼” rounds. Halve **grape tomatoes**. Coarsely chop **capers**. Combine 2 Tbsp. **olive oil**, **Champagne vinegar**, **honey**, and a pinch of **salt** in a medium mixing bowl. Set aside to let flavors marry.



Toast the Walnuts

Place **walnuts** on prepared baking sheet. Spread into a single layer and toast until lightly browned, 5-7 minutes. Remove walnuts to a plate and reserve baking sheet with foil.



Make the Croutons

Add **baguette cubes**, 1 Tbsp. **olive oil**, and **seasoning** to reserved baking sheet. Toss to coat evenly, and spread into a single layer. Bake until golden brown, 7-9 minutes. While croutons bake, preheat a grill or grill pan over medium heat and lightly coat with **cooking spray**.



Grill Apples and Onions

Add **apple slices** to hot grill or grill pan cut side down and cook undisturbed until lightly charred, 3-5 minutes per side. Transfer apples to bowl with **vinaigrette**. Toss **onions** with 1 tsp. **olive oil** in a small mixing bowl. Place onions on grill and cook undisturbed until lightly charred and tender, 4-6 minutes per side. While onions cook, make salad.



Make the Salad

Add **grilled onions**, **arugula**, **grape tomatoes**, and **capers** to bowl with **vinaigrette** and **apples**. Toss to combine. Season to taste with **salt** and **pepper**.



Plate the Dish

Serve **salad** on a plate. Top with **croutons** and **walnuts**.