



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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**WALDORF SALAD WITH STEEL-CUT OATS**  
**COOKING LIGHT – SEPTEMBER 2011**  
***Makes 4 servings***

- 1 cup steel-cut oats, rinsed and drained (rinsing oats removes excess starch)
  - 1 cup water
  - 1 teaspoon kosher salt, divided
  - 2/3 cup coarsely chopped walnuts
  - 1 ½ teaspoons honey
  - 1/8 teaspoon ground red pepper
  - 3 tablespoons extra-virgin olive oil
  - 2 tablespoons sherry vinegar
  - ½ teaspoon freshly ground black pepper
  - 1 ½ cups diced Granny Smith apple (about 1 large)
  - 1 ½ cups torn radicchio
  - 1 ½ cups seedless red grapes, halved
  - ½ cup (2 ounces) crumbled blue cheese
- Combine oats, 1 cup water, and ½ teaspoon kosher salt in a medium saucepan; bring to a boil. Reduce heat, and simmer for 7 minutes (do not stir) or until liquid almost evaporates. Remove from heat; fluff with a fork. Place oats in a medium bowl, and let stand for 10 minutes.
  - Combine walnuts, honey, and red pepper in a small nonstick skillet over medium heat; cook 4 minutes or until nuts are fragrant and honey is slightly caramelized, stirring occasionally.
  - Combine remaining ½ teaspoon salt, olive oil, vinegar, and black pepper in a small bowl, stirring with a whisk.
  - Add dressing, apple, radicchio, and grapes to oats; toss well. Place 1 ½ cups oat mixture on each of 4 plates, and top each serving with about 3 tablespoons walnut mixture and 2 tablespoons blue cheese.