

Walnut Crusted Mozzarella Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 2-4 minutes

Serves: 4 (2 slices each)

CChints: Mozzarella is a mild, creamy cheese that will hold up to being pan fried. You will need a cheese slicer than can slice the cheese in 1/2 inch thick pieces. If you do not have one, here is a trick....use unwaxed dental floss or tape. Tear off a long piece and wrap it securely around a finger on each hand and slide it back and forth through the cheese all the way to the bottom. It works! The cheese will slide better chilled. You only need about half of a log, so wrap it up tightly, refrigerate it for a Caprese salad later.



1/3 cup extra virgin olive oil

1-1/2 tablespoons red wine vinegar

Pinch of sugar

6 cups of prewashed mixed salad greens

1/3 cup chopped cucumber

1/3 cup of canned artichoke hearts, drained and sliced in thirds lengthwise

2 medium tomatoes sliced into wedges

2 Tablespoons wheat flour

1 egg

1/3 cup walnuts, chopped

1/2 cup freshly grated Parmesan cheese

1/3 cup panko bread crumbs

Half of a 16 ounce log of mozzarella cheese, chilled

1 Tablespoon olive oil

2 teaspoon butter

This recipe comes together fast so start by preparing the dressing and the salad. Make the dressing first by whisking together the olive oil, vinegar and sugar and set aside. Divide the salad greens among the plates and sprinkle with the cucumbers and artichoke pieces and set aside. Put the slice tomatoes on a separate plate and add them last.

You are going to start an assembly line. First, put the flour in a small plate. Next, light beat the egg in a small bowl. Finally, combine together the nuts, Parmesan cheese and bread crumbs in a plate. Finally remove the cheese from the refrigerator. Slice it into 1/2 inch thick circles and lay them on a plate and the head of the assembly line.

Take one piece of cheese at a time and lay one side in the flour and roll the edges through it. Dust off the excess flour and dunk it into the egg and lift it out, allowing the excess to drip back down. Lay it egg side down in the nut mixture and roll the edges to coat the sides and lay it back on the plate. Do this for all of the pieces.

Heat the oil and butter in a large nonstick skillet over medium heat. When the butter has melted, stir them together. Lay each piece of cheese in the skillet, coating side down and let them cook for 2-4 minutes until the cheese slightly melts and it is a golden color. Since the cheese was chilled when you put them into the pan, this will allow the coating to brown a little before the cheese starts to melt. After 2 minutes, peak at one of them to see if it is a golden brown. If not, peak again every 30 seconds, making sure the cheese isn't getting runny.

Quickly remove the cheese from the pan and lay 2 pieces on top of each salad. Sprinkle with the tomatoes. Mix the dressing on last time and pour over each salad. Enjoy!