

Quark Cheese Salad

Fresh and healthy quark cheese salad with grapefruit, lettuce, and walnuts. This protein-rich vegetarian recipe is perfect for a light meal or side dish.

15	15	4	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Quark Cheese Salad

Ingredients

- 1 lettuce
- 5 oz quark cheese
- 2 cucumber
- 1 capia pepper
- 1 carrot
- 4 radish
- 1 red onion
- 6 sprig parsley
- 0.5 olive oil
- 1 tsp salt
- 8 walnut
- 2 grapefruit

Instructions

- 1 Prepare the greens**

Wash 8 lettuce leaves under cold running water and pat completely dry with paper towels. Tear the leaves into bite-sized pieces and place in a large mixing bowl.
- 2 Prepare the grapefruit**

Cut away the peel and white pith from 2 grapefruits using a sharp knife. Slice between the membranes to release clean segments, discarding any seeds. Set the grapefruit segments aside on a plate.
- 3 Prepare the herbs and nuts**

Strip the leaves from 6 sprigs of fresh herbs and roughly chop them. Coarsely chop 4 walnuts into bite-sized pieces.
- 4 Make the quark dressing**

In a medium bowl, combine 5 oz quark cheese with 0.5 olive oil and 1 tsp salt. Whisk until smooth and creamy, about 1 minute. Fold in the chopped fresh herbs.
- 5 Dress the salad**

Add the quark mixture to the bowl with the lettuce. Gently toss with clean hands or salad tongs until all leaves are evenly coated with the

creamy dressing.

- 6 Carefully fold in the grapefruit segments and chopped walnuts, being gentle to avoid breaking the fruit. Taste and adjust seasoning with additional salt if needed.
- 7 Divide the salad among 4 serving plates and serve immediately while the lettuce is crisp.

Tips

Use fresh, high-quality quark cheese for the best flavor and texture - check the expiration date and choose the freshest available.

Chill all ingredients before assembling the salad to ensure maximum freshness and crispness.

Remove all white pith from grapefruit segments to prevent bitterness - use a sharp knife to cut between membranes.

Toast the walnuts lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch.

Wash and thoroughly dry lettuce leaves using a salad spinner or paper towels to prevent diluting the dressing.

Season the quark mixture and let it sit for 10 minutes before serving to allow flavors to meld together.

For extra flavor, add a small amount of lemon zest to brighten the overall taste of the salad.

Serve the salad in chilled bowls or plates to maintain the fresh, crisp texture longer.