Chopped Celery Salad (without walnuts)

Ingredients

10 Stalks of Celery

 ½ cup Walnuts or Pecans, coarsely chopped

 6 Medjool Dates, pitted and roughly chopped

 1 cup Feta Cheese, crumbled

3 spring onion, sliced thin

1 Lemon, juiced

1 Tablespoon White Wine Vinegar

 ¼ cup Extra-Virgin Olive Oil

 ⅛ teaspoon Red Pepper Flakes (use chilli flakes)

¼ tsp Salt

¼ tsp Fresh Cracked Black Pepper

Method

* Separate the leaves from the stalks of the celery. Wash well. Slice the stalks thinly on a bias (diagonally) and roughly chop the leaves.
* To toast the nuts (use pumpkin seeds), warm them in a medium skillet over medium heat, stirring often, until fragrant and toasted, about 2-4 minutes.
* Place sliced celery stalks and leaves in a medium sized bowl.
* Add the chopped nuts(seeds), dates, feta cheese, lemon juice, white wine vinegar, olive oil, and red pepper flakes. Season generously with salt and pepper and toss to combine.
* Serve.