



Autumn Pear Salad with Maple Vinaigrette

Pears, toasted pecans and autumn greens team up for a delicious fall salad. Use any leafy greens that you wish—but make sure pears are ripe.

Prep Time: 20 minutes

WHAT YOU NEED:

For Salad:

4 – 5 cups leafy greens such as arugula, mâché, mesclun or a mix

2 ripe pears

1 Tbsp. lemon juice

1/4 cup toasted pecans

1/4 cup shaved Parmesan cheese (or another hard cheese such as Manchego)

For Dressing:

1 Tbsp. minced shallots

2 Tbsp. apple cider or red wine vinegar

2 Tbsp. pure maple syrup

¼ cup olive oil

¼ tsp. salt

¼ tsp. ground black pepper

MAKING IT:

Wash and drain greens in salad spinner; set greens aside. Prepare the dressing by whisking together all ingredients in a small bowl; set dressing aside.

Cut pears in half; remove stems and cores using a paring knife. Then cut each pear half into 4 pieces lengthwise. Brush the pears with lemon juice to prevent browning.



Divide greens onto individual serving plates or salad bowls. Arrange pear slices on top of greens; sprinkle with toasted pecans and shaved cheese. Drizzle about 2 tablespoons of dressing over each salad plate. Serve immediately. Makes 4 side dish salads.

NUTRITION:

Nutrition Information per serving (1/4 recipe with dressing): 290 Calories; 20g Total Fat; (3.5g Sat Fat; 0g Trans Fat); 5mg Chol; 260mg Sodium; 24g Total Carb; (4g Fiber; 16g Total Sugars; 6g Added Sugars); 4g Protein; 10% DV Calcium; 70% DV Vitamin A

TIPS:

How do you know if your pears are perfectly ripe? Do a “neck check” for ripeness. Gently press the flesh near the stem with your thumb. When it gives to gentle pressure it is ripe, juicy and ready to eat. If you wait until the pear is soft around the middle, it is often overripe. (Source: US Pear Bureau)

Variation: Use Manchego or semi-hard goat cheese, cut into wedges in place of shaved Parmesan cheese. One ounce of crumbled goat cheese or blue cheese is also delicious!