

Autumn Pear Salad with Balsamic Vinaigrette



This salad is versatile and can be made with any combination of fresh fruit, cheese and nuts you have on hand. The quick to make homemade vinaigrette allows you to control the ingredients in your dressing, making it healthier than store-bought varieties.

YEILD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For Vinaigrette:

½ cup	Extra Virgin Olive Oil
¼ cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Salt, Kosher
To taste	Black Pepper, ground

For the Salad:

8 cups	Mixed Greens, any variety
1 each	Pear, any variety, sliced thin
1/3 cup	Dried Cherries
¼ cup	Parmesan Cheese, shaved
¼ cup	Pecans, toasted, chopped

CHEF'S NOTES

For easy shaved Parmesan, use your peeler to make thin ribbons from a block of cheese. This works with any hard, aged cheese to add an elegant touch to your favorite dishes.

This salad dressing used a 2 to 1 ratio of olive oil to vinegar, resulting in fewer calories, a lighter mouthfeel, and a more vibrant, zingy flavor. Leftovers will keep for up to a week in the refrigerator. Allow to come to room temperature and give the jar a shake before using.

DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. In a small container with a lid (such as a jar), combine all ingredients for dressing. Shake well to combine and set aside.
3. To assemble the salad: place the greens in a large bowl and top with the sliced pears, dried cherries, goat cheese, and toasted nuts.
4. Right before serving, toss with about 1/3 cup of the vinaigrette.

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Nutrition Facts	
8 servings per container	
Serving Size	1 cup dressed salad (66 g)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol less than 5mg	0%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	3%
Vitamin D 0.02mcg	0%
Calcium 50mg	4%
Iron 0.59mg	3%
Potassium 100mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Balsamic Vinaigrette

Nutrition Facts	
16 servings per container	
Serving Size	1 Tbsp (14 g)
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0.09mg	0%
Potassium 7mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

