

Mom H?s Pear and Pomegranate Salad with Maple Balsamic Vinaigrette

Description

1 bag of mixed greens (200g)
½ cup toasted maple pecans
Crumbled blue cheese, to taste
2 ripe D'Anjou pears, green or red, sliced
Maple balsamic dressing
Pomegranate arils for garnish

TO PREPARE POMEGRANATE ARILS

With a sharp knife, cut off the top of a pomegranate, about 1/2 inch below crown
Once the top is off, you will see 4-6 sections. With your knife point, score the skin at each section. Separate the pomegranate at each score, so that you have individual sections. Over a bowl of water, use your fingers to loosen the arils (the flesh covered seeds) and drop them into the bowl. The arils will sink to the bottom. Use a spoon to scoop out pieces of the white membrane that have floated to the top Pour the remaining liquid thru a strainer and reserve the arils. Toast pecans in frying pan with a bit of butter or oil and add 2 to 3 tsp of maple syrup, continue to stir until nicely caramelized. Set aside to cool

DRESSING

½ cup balsamic vinegar
2 Tbsp maple syrup
2 Tbsp fresh lemon juice
1 clove garlic minced (optional)
¾ cup olive oil
Salt and pepper

Mix all together in a jar and shake well

SALAD

Toss the Salad greens with enough dressing to lightly coat. Plate and arrange Pear slices, almonds, blue cheese crumbles and pomegranate arils over salad greens
Makes 4 lunch size salads or 6-8 small dinner side salads

Summary

Yield: 8

Prep Time: 1 hour

Category: Salads

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Ingredients

Instructions