UCI Health

Golden harvest pear salad

Ingredients

Dressing

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon maple syrup or honey
- Salt and pepper to taste

Salad

- 4 cups tender mixed greens
- 2 ripe Anjou or Bartlett pears, thinly sliced
- 1 small fennel bulb, trimmed and shaved, or 2 celery stalks, thinly sliced
- ½ small red onion, thinly sliced into half-moons
- ¼ cup dried tart cherries or cranberries, unsweetened
- ½ cup toasted walnut or pecan halves
- ¼ cup reduced-fat crumbled goat cheese, crumbled feta or Gorgonzola

Nutritional information

$8.40 total /$2.10 serving

Servings: 4

Calories: 303 per serving

Directions

- In small bowl, whisk olive oil, balsamic vinegar, Dijon mustard and maple syrup or honey. Add salt and pepper to taste.
- In large, shallow bowl or platter, spread the mixed greens, then arrange pear slices and shaved fennel. Scatter red onion slices gently on top.
- Sprinkle dried cherries or cranberries, then toasted walnuts and top with cheese crumbles.
- Just before serving, shake or whisk dressing again and drizzle over salad ingredients.
- Avoid tossing vigorously to let the layers remain visible.
- Top pears with final sprinkle of black pepper and pinch of flaked sea salt to enhance sweetness and maintain crisp texture.

Recipe and photo by Jessica VanRoo, executive chef of the Susan Samueli Integrative Health Institute, part of UCI Health.