



# Fall/Winter Salad with Red Pear, Candied Pecans & Maple Dijon Vinaigrette

Source: Ellen Siegel

Serves: 4-6

## Ingredients:

### Greens & Fruit

- 1 large head radicchio, cored and hand torn
- 1 head frisee lettuce, hand torn
- 1-2 Belgian endive, leaves separated
- 1-2 red pears (Red D'Anjou or Bartlett depending on seasonal availability)

### Dressing:

- 1 small shallot, finely minced
- 1 tsp dijon mustard
- 2 tsp balsamic vinegar
- ¼ cup extra virgin olive oil
- 2 tsp maple syrup, pure
- Sea salt & freshly ground pepper

### Candied Pecan Topping:

- Try Emerald glazed pecans or candy your own

## Method:

1. Wash, drain and prepare greens.
2. Wash, core and slice pears.
3. Dressing: Combine in large bowl, shallot, mustard and vinegar. Slowly add in oil, whisking to form an emulsion. Add maple syrup and season with salt and pepper to taste.
4. Assemble: Combine greens and pear with dressing. Garnish with candied pecans.
5. Serve and enjoy!

## Optional Ingredients:

- ¼ cup shaved Parmesan cheese
- ¼ cup blue cheese