

Mixed Salad with Red Pears and Maple Dijon Dressing – Teresa White

Mixed salad greens

Red pears, sliced

Toasted pecans (Bake in oven ~ 5 min., then toss in bowl with 1 T of maple syrup. Bake again another 4–5 min. till fragrant)

Crumbled blue cheese

Maple Dijon Dressing:

1 Tbs Dijon mustard

½ cup balsamic vinegar

½ cup maple syrup

Salt and pepper to taste

1 cup olive oil

Blend first 4 ingredients in a blender or jar. Add oil slowly to emulsify. Adjust to taste.