

Organic Salad Greens With Gorgonzola. Roasted Pears & Apples and Roasted Pecans

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COOK with JOHN

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Servings: 4

6 Ounces Organic Mixed Greens, washed and dried
6 Ounces Organic Baby Spinach, washed and dried
1/2 Cup Gorgonzola Cheese, crumbled
Whole Grain Mustard and Honey Dressing:
2 Tablespoons Balsamic Vinegar
1 Tablespoon Whole Grain Mustard
1 Tablespoon Organic Clover Honey
1/2 Cup Organic Extra Virgin Olive Oil
To Taste Sea Salt
To Taste Cracked Black Pepper, freshly ground
Roasted Pear & Apple:
1 Each Granny Smith Apples, 1/4" slices
1 Each Pears, 1/4" slices
1/2 Tablespoon Organic Butter
1 Teaspoon Granulated Sugar
1/2 Teaspoon Ground Cinnamon
Roasted Pecans:
1/4 Cup Pecan Pieces
1/4 Teaspoon Dark Chili Powder
1/8 Teaspoon Cayenne Pepper
1/8 Teaspoon Ground Cinnamon
1/2 Teaspoon Organic Extra Virgin Olive Oil

FOR THE DRESSING: In the bowl of a food processor, combine the balsamic vinegar, whole grain mustard and honey. Place top on bowl and pulse a few times to incorporate the ingredients together. Using the top tube, slowly drizzle the olive oil with the processor continuously running until well blended. Stop running, remove the lid and adjust seasoning with sea salt and cracked black pepper. The dressing may be made a day ahead and refrigerated.

FOR THE ROASTED PEAR & APPLE: Preheat oven to 350 degrees. Melt the butter in a small saucepan over medium-low heat. When butter is melted, add the sugar and cinnamon and whisk until well blended. Place the sliced fruit into a bowl and toss with the butter mixture making sure to completely coat the fruit with the seasonings. Arrange the seasoned sliced fruit on a baking sheet in a single layer and roast in oven for about 15 minutes or until fruit begins to turn golden brown. Remove from oven and allow to cool slightly.

FOR THE PECANS: preheat OVEN TO 350 DEGREES. Arrange pecan pieces on baking sheet and place in oven for 2 - 3 minutes to allow the natural oils to warm. While the pecan pieces are warming, combine the chili powder, cayenne pepper and cinnamon along with the olive oil in a medium sized bowl. Once pecans are warm, toss into spice mixture and mix until pecan pieces are well coated. Pour back onto warm baking sheet and return to oven for 5 minutes or until fragrant and toasted. Remove and allow to cool to room temperature.

TO ASSEMBLE: In a large bowl, combine the field greens, spinach and the pecan pieces and toss. Slowly add the dressing and gently toss so that the leaves are gently coated. Add the crumbled Gorgonzola cheese and continue to gently toss. Place a small mound of the salad in center of chilled salad plates. Arrange several slices of the roasted fruit on each salad and serve.

Per Serving (excluding unknown items): 246 Calories; 17g Fat (55.7% calories from fat); 9g Protein; 21g Carbohydrate; 4g Dietary Fiber; 30mg Cholesterol; 492mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

Topping the salad with some crispy onion rings adds a nice dimension to this salad.

Suggested Wine: A light, crisp Riesling, Sauvignon Blanc or Pinot Gris

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