



Roasted Pear Salad with Toasted Pecans and Apple-Grape Vinaigrette

INGREDIENTS:

Salad:

3 whole	Bosc pears
6 sprigs	fresh thyme
¼ c	pure maple syrup
¼ c	honey
6 T	Feta cheese
8 oz	mixed salad greens
1/3 c	pecans, toasted, chopped

Dressing:

3 T	frozen apple juice concentrate
3 T	frozen grape juice concentrate
2 T	white wine vinegar
1 t	minced shallot
Sprig	fresh thyme
1 T	olive oil

PREPARATION:

- Peel and core pears and cut in half.
- Make crosswise slices into each pear about 3/8" a part, being careful not to cut all the way through.
- Fan the slices out a bit so the maple-honey mixture will seep between slices.
- Combine the maple syrup and honey.
- Line a baking sheet with parchment paper and place each pear half atop a sprig of thyme.
- Liberally brush each with honey-syrup mixture.
- Roast in a 400° oven for 10-15 minutes.
- Remove and repeat basting.
- Return to oven until soft when gently pricked with a fork. (Time will vary due to ripeness of pears, but approximately 10 minutes more.)
- Mix all dressing ingredients together and let marinate at room temperature for about an hour.

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TO SERVE:

- Make a bed of baby greens. Place one pear half atop each. Sprinkle with cheese and pecans. Drizzle with dressing and serve.

Number of Servings: 6

Calories per serving: 240

Fat grams per serving: 8

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