



Harvest Pear Salad with Lemon Balsamic Maple Vinaigrette

Yields: 4-6 Servings

Ingredients:

- 2 fresh pears - thinly sliced (soak in lemon water to prevent browning)
- 2 cups romaine lettuce
- 2 cups spinach
- 1 cup cooked sweet potatoes, diced
- 2 celery ribs, thinly sliced
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{4}$ cup red onion, diced
- $\frac{1}{4}$ cup chives, minced

Lemon Balsamic Maple Vinaigrette

- 1 tbsp. Dijon mustard
- 2 tbsp. balsamic vinegar
- zest and juice of 1 lemon (about $\frac{1}{4}$ cup)
- 2 tbsp. maple syrup
- $\frac{1}{2}$ cup extra-virgin olive oil
- Salt and pepper

Directions:

1. Add romaine and spinach to a large bowl.
2. Add pears, sweet potatoes, onion and celery. Top with cranberries, pumpkin seeds and chives.
3. Whisk together all Lemon Balsamic Maple Vinaigrette ingredients. Pour onto salad and toss well.