Green Salad with Plums, Asian Pear and Grapes

Tarla Fallgatter, cooking instructor
Internet address:



SALAD:

4 cups baby spinach, or arugula

2 cups mâche, or spring mix

3 whole Belgian endive, thinly sliced lengthwise

3 whole plums, seeded, thinly sliced

1 whole Asian pear, peeled, cored, thinly sliced

1/2 cup red grapes, use dark red, if available, halved, seeded

1/2 cup marcona almonds, with rosemary flavoring if possible

1/2 cup ricotta salata, or Feta

VINAIGRETTE:

2 tablespoons rice wine vinegar, NOT seasoned rice wine vinegar

2 tablespoons raspberry vinegar

2 teaspoons honey mustard

6 tablespoons olive oil (not necessary to use EVOO)

Freshly ground salt and pepper to taste

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 6

Notes: if you have a little bit of quinoa, or brown rice, or wild rice, it can be added to this salad to make it a bit more substantial. You might need more dressing, however. You can also add some cooked chicken and make this a meal.
1. Combine the vinaigrette ingredients in a jar and shake well. Set aside. Can be made the day ahead.
2. Prepare all the fruit and drizzle a bit of the dressing on the fruit and allow to sit for 15-20 minutes.
3. In a large salad bowl toss the spinach, mache and Belgian endives together with the vinaigrette. Add the fruit, marcona almonds and cheese. Pour out onto a large platter or on individual plates, arranging some of the fruit on top. Serve immediately.

Per Serving (excluding unknown items): 310 Calories; 25g Fat (76.4% calories from fat); 4g Protein; 13g Carbohydrate; 4g Dietary Fiber; 5mg Cholesterol; 327mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat; 0 Other Carbohydrates.