

ROQUEFORT PEAR SALAD

Yield: 6 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 head leaf lettuce (torn into bite sized pieces)
- 3 pears (peeled, cored & chopped)
- 5 oz. Roquefort cheese (crumbled)
- 1 avocado
- ½ cup green onions (thinly sliced)
- ¼ cup white sugar
- ½ cup pecans
- ⅓ cup olive oil
- 3 tablespoons red wine vinegar
- 1½ tablespoons white sugar
- 1½ teaspoons prepared mustard
- 1 clove garlic (chopped)
- ½ teaspoon salt
- Fresh ground pepper to taste

PREPARATION

1. In a skillet over medium heat, stir ¼ cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1½ tsp. sugar, mustard, chopped garlic, salt and pepper.
3. In a large serving bowl, layer lettuce, pears, blue cheese, avocado and green onions. Pour dressing over salad, sprinkle with pecans and serve.

NUTRITION

Per serving: Calories: 425; Fat: 31.5 g; Cholesterol: 21 mg; Carbohydrates: 33 g; Protein: 7.9 g; Fiber 7.3 g; Sodium: 639 mg.

Recipe courtesy of AllRecipes.com