

Pear Salad with Maple Vinaigrette

Prep Time: 15 minutes Yield: 6 servings

This is a Betty Crocker Recipe

Ingredients - Vinaigrette:

¼ cup real maple syrup or maple flavored syrup
2 tablespoons balsamic vinegar
½ teaspoon Dijon mustard
¼ teaspoon salt
¼ teaspoon pepper
¼ cup canola

Ingredients - Salad:

1/3 cup pecan halves
8 cups torn mixed salad greens
3 med pears, peeled, cut into wedges
1/3 cup sweetened dried cranberries

Directions:

In small bowl, mix all vinaigrette ingredients except oil with wire whisk. Beat in oil until blended.

Place pecans in 1 cup glass measuring cup. Microwave on high for up to 2 minutes and 30 seconds, stirring every 30 seconds, until browned.

Divide salad greens among 6 serving plates. Arrange pear wedges on greens; sprinkle with pecans and cranberries. Drizzle vinaigrette over salads.

Kitchen Tips: If the pears you purchase are very firm, place them in a brown paper bag on your counter for a day or two to ripen them.

1 Serving: Calories 240 (cals from fat 120); Total Fat 14 grams (sat fat 1 g, trans fat 0g); Cholesterol 0 mg; Sodium 130 mg; Total Carbohydrate 26g (Dietary Fiber 5g;