



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Balsamic Salad w/ Pears, Sun-Dried Cherries and Candied Walnuts (4 servings)

Ingredients

1 6-ounce bag mixed greens
1 small bulb fennel - *thinly sliced*
1 cup celery - *thinly sliced*
1 ripe Bosc, or Bartlett Pear - *thinly sliced lengthwise*
1/4 cup dried cherries or cranberries
1 heaping cup raw walnuts
2 tsps olive oil or coconut oil
1 Tbsp coconut sugar
2 tsps maple or agave syrup
1 pinch sea salt

1 pinch ground cinnamon
1 pinch cayenne pepper (*optional*)

Salad Dressing

1/4 cup balsamic vinegar
1/4 cup extra virgin olive oil
1 medium shallot - *minced*
1 tsp Dijon mustard
1 tsp fresh lemon juice
1 pinch sea salt
1 pinch black pepper

Preparation

- Preheat oven to 350 degrees F
- Add walnuts to a bare/parchment-lined baking sheet and toast walnuts for 7 minutes
- Remove walnuts from oven and add oil, coconut sugar, maple syrup, sea salt, cinnamon and cayenne
- Thoroughly toss and return to the oven and roast for another 4-6 minutes, or until golden brown
- Set nuts aside to cool and begin preparing the salad dressing

Dressing

- Add salad dressing ingredients to a jar or mixing bowl and shake or whisk to combine
- Adjust flavor as needed, adding more balsamic vinegar, salt, pepper or olive oil. Set aside.

(continued)



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Salad Preparation

- Add the greens, fennel, celery, and half of the sliced pear, dried cherries, and half of the roasted walnuts to a large mixing/serving bowl. Drizzle with a bit of the dressing and toss to combine.
- Plate and garnish with remaining pears and walnuts, and serve with remaining dressing.
- Store leftovers separately in the refrigerator for up to 3 days. Store walnuts in a well sealed container at room temperature.

