

Green Wellness Salad

Serves: 5-6

Ingredients:

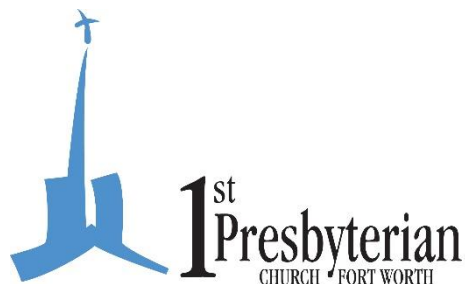
- 1# Mixed greens
- 2 onions, sliced thin
- 1 Tbsp oil
- 2 sliced pears
- 2 cups red grapes, halved
- 1 cup dried cherries (or cranberries)
- 1 cup walnuts
- 4 oz crumbled goat cheese

Maple Vinaigrette Dressing

- 4 Tbsp neutral oil
- 3 Tbsp White Balsamic vinegar
- 2 Tbsp maple syrup
- 1 tsp Dijon
- Salt & pepper to taste

Method:

- Heat oil in saute pan over medium heat. Cook onions until until translucent and slightly caramelized. Set aside and let cool.
- Whisk vinaigrette ingredients until emulsified.
- Dress salad lightly just before serving



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