Spinach & Spring Mix Lettuce Salad with Pear Vinaigrette Dressing

Ingredients

Salad:
• 1 cup spinach leaves
• 1 cup spring mix lettuce
• 1 chopped tomato
• 2 large bell peppers (yellow or red), chopped
• 1/3 cup chopped walnuts

Dressing:
• 1 pear (a riper variety is preferred)
• 1/4 cup balsamic vinegar
• 1/4 cup olive oil
• 2 tbsp unpacked brown sugar
• salt & pepper to taste

Serves: 4; 1/2 cup salad, 1 TBSP Dressing

Directions

Wash produce prior to chopping. Remove the stem and seeds from the pear and blend in food processor or blender until smooth. Add more vinegar in small portions until desired consistency is achieved. Blend in brown sugar and salt and pepper to taste. Toss salad with dressing. You can add crumbled feta cheese or sliced red onions to kick it up a notch!

Ingredients for this tasty recipe can be found at all of the HDH Dining Services Markets!
Simple Side Suggestions

Meet Yasmin Aghajan, NNM Foodie Contest Winner. She’s a bio major from Revelle who enjoys cooking and has a photography business on the side. Try her tasty salad recipe which is a great source of heart healthy Omega-3 fatty acids.

For more great ideas, check out the Dining Services Youtube Playlist: http://tinyurl.com/lwvc5h6