

Spinach Pear Salad

1 can (15 oz) S&W California Sun Pears in light syrup, drained, reserving $\frac{1}{4}$ cup of the syrup

$\frac{3}{4}$ cup toasted walnut halves or pieces (3 oz)

$\frac{3}{4}$ cup crumbled gorgonzola or other blue cheese (3 oz)

1 T. olive oil

2 tsp honey mustard

1 tsp cider vinegar

8 cups baby spinach greens or other tender salad greens

To make pear vinaigrette, combine reserved pear syrup, honey mustard, vinegar, salt & pepper to taste. Whisk in olive oil.

Just before serving, gently toss together walnuts, drained pears (or fresh pear if desired), vinaigrette, greens and gorgonzola.

Prep time 15 min.

NOTE: The above is the original recipe. I don't use the spinach greens but buy the spring mix of tender greens and mix in some hearts of romaine. Any greens you like works. Also, I buy the Emerald glazed nuts instead of toasting the walnuts (quicker and easier).

I find that sometimes I have to add more honey mustard, too vinegary, do a taste test.