

Roasted Pear Salad

Makes 8 servings



Ingredients

- 6 small pears - ripe
- ¼ cup of coconut oil
- 2 tbsp of brown sugar
- 2 tbsp of lemon juice
- ¼ cup of pear or cider vinegar
- 3 tbsp of olive oil
- 1 tbsp of shallots
- pinch each of salt and pepper
- 8 cups of mixed salad greens -torn
- 4 cups of Radicchio or Butter Lettuce - torn
- ½ cup of almonds - roasted and chopped

Directions

- ℥ Cover & refrigerate pears & vinaigrette separately for up to 2 days.
- ℥ Let pears come to room temperature to serve
- ℥ Peel & halve pears; core, if desired. Place, cut side up, in 13" x 9" glass baking dish
- ℥ In small bowl, whisk together coconut butter, sugar & lemon juice; brush all over pears.
- ℥ Roast in 425 F oven, basting once, until caramelized and tender - approx. 40 minutes.
- ℥ Let cool in pan. Transfer 1 tsp of the pan juices to small glass measure for vinaigrette.
- ℥ Add vinegar, oil, shallots, salt & pepper to reserved pan juices in glass measure.
- ℥ In large bowl, toss together salad greens, radicchio & vinaigrette; divide among plates.
- ℥ Slice pear halves into quarters if desired; adorn salads. Sprinkle with almonds.

Nutrients (approximately)

249 Calories per serving,
Fat 15g, Saturated Fat 6.8g, Cholesterol 0mg, Sodium 26.6mg,
Carbohydrates 29.6g, Fiber 6.6g, Sugars 18.5g, Protein 3g

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