

## Winter Salad

Makes 6 servings



Recipe From:  
Bob Blumer,  
[www.foodnetwork.ca](http://www.foodnetwork.ca)

### Ingredients

- 1/2 cup pecan, halves
- 1/4 cup maple syrup
- 1 raw beet, peeled, coarsely, grated
- 1 Gala apple, (or any other hard apple), peeled, cored, grated
- 1 fennel, bulb, trimmed, grated
- 1/2 cup fresh mint, stem removed, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 4 ounces stilton cheese, crumbled

### Directions

1. Preheat oven to 350°F.
2. Pour maple syrup into a small bowl. Toss nuts in syrup, remove with a slotted spoon, and bake on aluminum foil or a cookie sheet for approximately 10 minutes, or until nuts are roasted and syrup solidifies around nuts.
3. In a large bowl, add beet, apple, fennel, mint, salt and pepper. Toss. Add oil and vinegar, stilton and nuts. Toss and serve immediately.

### Nutrients (approximately)

243 Calories per serving,  
Fat 16g, Saturated Fat 4.7g, Cholesterol 16.7mg,  
Sodium 390mg, Carbohydrates 19.3g, Fiber 2.9g,  
Sugars 13.4g, Protein 5.4g

Share this recipe with a friend!

## Winter Salad

Makes 6 servings



Recipe From:  
Bob Blumer,  
[www.foodnetwork.ca](http://www.foodnetwork.ca)

### Ingredients

- 1/2 cup pecan, halves
- 1/4 cup maple syrup
- 1 raw beet, peeled, coarsely, grated
- 1 Gala apple, (or any other hard apple), peeled, cored, grated
- 1 fennel, bulb, trimmed, grated
- 1/2 cup fresh mint, stem removed, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 4 ounces stilton cheese, crumbled

### Directions

1. Preheat oven to 350°F.
2. Pour maple syrup into a small bowl. Toss nuts in syrup, remove with a slotted spoon, and bake on aluminum foil or a cookie sheet for approximately 10 minutes, or until nuts are roasted and syrup solidifies around nuts.
3. In a large bowl, add beet, apple, fennel, mint, salt and pepper. Toss. Add oil and vinegar, stilton and nuts. Toss and serve immediately.

### Nutrients (approximately)

243 Calories per serving,  
Fat 16g, Saturated Fat 4.7g, Cholesterol 16.7mg,  
Sodium 390mg, Carbohydrates 19.3g, Fiber 2.9g,  
Sugars 13.4g, Protein 5.4g