



## *Asian Pear & Arugula Salad with Apple Cider & Garlic Vinaigrette*

*This simple salad has a perfect mix bitter (arugula), sweet (Asian pear) and tangy (vinaigrette) with the (crunch) of pumpkin seeds. Try it with green apples or Bosc pears if Asian are hard to find.*

*Adapted from Food and Wine November 2009 issue*

### Ingredients

- ¼ cup Apple Cider & Garlic Vinaigrette
- 1 tbsp fresh lemon juice
- 1 teaspoon honey
- Salt & pepper to taste
- 5 ounces baby arugula (can be mixed with spinach)
- 3 Asian pears, peeled, cored and very thinly sliced
- ¼ cup salted, roasted pumpkin seeds
- 3 ounces fresh goat cheese, crumbled



### Directions

In small bowl, whisk the **Apple Cider & Garlic Vinaigrette** with honey and lemon juice and salt & pepper to taste.

In a large bowl, toss arugula with pear slices and pumpkin seeds. Add the dressing and toss well. Top with goat cheese and serve.

*NOTE: Dressing can be made in advance and refrigerated overnight.*

