



## Spinach Salad with Pears, Blue Cheese & Candied Pecans

This sweet and savory combo is as flavorful as it is colorful. Goldies raw onions add to the delicious crunch without fear of onion breath.



**PREP:**  
20m

**TOTAL:**  
30m

**YIELD:**  
6 to 8 servings

**COURSE:** Side  
**CUISINE:** American

### INGREDIENTS

#### For the vinaigrette

3 Tbsp apple cider vinegar  
2 Tbsp pure maple syrup  
1 Tbsp grated Goldies™ yellow onion  
1 tsp Dijon mustard  
Salt and pepper, to taste  
1/3 to 1/2 cup extra virgin olive oil

#### For the salad

5 ounces baby spinach  
2 firm, ripe pears, any variety, cored and thinly sliced  
4 ounces crumbled blue cheese  
1 Goldies onion (about 3 oz), slivered  
1/2 cup dried cranberries or dried cherries  
1/2 cup purchased candied pecans or walnuts

### DIRECTIONS

1. In small bowl, whisk together vinegar, syrup, grated onion, Dijon, salt and pepper. Drizzle in oil, whisking constantly, until emulsified. Set vinaigrette aside.
2. In large salad bowl or on a serving platter, toss spinach, sliced pears, blue cheese, slivered onion, dried cranberries and candied nuts.
3. Drizzle some vinaigrette over salad and gently toss to coat. If desired, add more vinaigrette. Serve immediately.

### NOTES:

A combo of red and green pears makes a colorful presentation. For the grated onion, simply grate an onion half on the small holes of a cheese grater. Measure 1 tablespoon onion pulp and juice. Use the remaining onion half and in the salad. Refrigerate leftovers.