

A top-down view of a large wooden bowl filled with a fresh salad. The salad consists of green leafy vegetables, including arugula and red-leafed greens, mixed with chunks of yellow pear and red apple. Small pieces of purple onion and dark red cranberries are also visible. The bowl has a white interior with a subtle dotted pattern and a wooden rim. Two wooden spoons are tucked into the right side of the bowl. In the background, a wooden cutting board holds two white ceramic jars with a textured surface. The entire scene is set on a light-colored wooden table.

APPLE-PEAR SALAD

INGREDIENTS

- 8 to 10 cups mixed salad greens
- 1/2 cup chopped red onion
- 2 medium size apples, chopped
- 2 medium size pears, chopped or sliced
- 1 cup dried cranberries
- 1 cup shaved or shredded Parmesan cheese
- 3/4 cup sliced almonds
- 3 Tbsp. olive oil (or your favorite salad oil)
- 1 1/2 Tbsp. apple cider vinegar (or your favorite vinegar)
- Salt and pepper to taste

PREP TIME

25 minutes

BAKE TIME

none

Makes about 8 servings

- 1** In large bowl, add the mixed greens, red onion, apples and pears, dried cranberries, Parmesan cheese, and sliced almonds.
- 2** Drizzle the olive oil over the salad ingredients, then drizzle the vinegar. Season with some salt and pepper.
- 3** Toss the salad ingredients with the oil, vinegar, salt and pepper; toss well, until everything is coated.

INSTRUCTIONS

- 4** Garnish with additional cheese, cranberries, and almonds, if desired, and serve.

NOTES:

- You can substitute your favorite vinaigrette for the oil and vinegar.
- If you're using oil and vinegar but would like a sweeter taste, drizzle 1 Tbsp. of honey over the salad ingredients, along with the oil, vinegar, salt, and pepper, and toss well.

mary & martha