



Spinach, Pear and Gorgonzola Salad

Prep: 15 minutes • Serves: 4

- 1 tablespoon minced shallot
- 2 teaspoons balsamic vinegar
- ¼ teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil
- 1 package (10 ounces) baby spinach
- 1 container (4 to 5 ounces) crumbled Gorgonzola cheese
- 1 medium Bosc pear, cored and thinly sliced
- ½ cup pomegranate arils
- ½ cup walnuts, toasted

1. In large bowl, whisk shallot, vinegar, mustard, salt and pepper until well blended; whisking constantly, slowly drizzle in oil until emulsified. Add spinach; with tongs, toss until well coated.

2. To serve, evenly divide spinach mixture over 4 salad plates; top with cheese, pear, pomegranate arils and walnuts.

Approximate nutritional values per serving:

*216 Calories, 16g Fat, 4g Saturated, 10mg Cholesterol,
301mg Sodium, 13g Carbohydrates, 3g Fiber, 6g Protein*