



# Pear and Goat Cheese Salad



## INGREDIENTS

- ½ cup 100% pomegranate juice
- 2 tbsp Gustare Vita white wine vinegar
- 2 tbsp Hy-Vee Select 100% pure maple syrup
- 1 tbsp poppy seeds
- ¼ tsp kosher salt
- ¼ cup Gustare Vita extra virgin olive oil
- ½ head butterhead lettuce, cored and separated into leaves
- ½ small head red radicchio, cored and cut into small wedges
- 2 heads red and/or green Belgian endive, separated into leaves
- 2 Anjou pears, cored and thinly sliced
- 1 cup seedless red grapes, halved
- ¼ cup pomegranate arils
- 1 (4-oz.) pkg. Soirée honey goat cheese, coarsely crumbled
- ½ (3.5-oz.) container caramelized walnuts

## PREPARATION

- 1** Bring pomegranate juice to a boil in a small saucepan; reduce heat to medium-low. Simmer, uncovered, for 6 to 9 minutes or until reduced to 2 Tbsp. Transfer to a small bowl; cool 5 minutes. Add vinegar, maple syrup, poppy seeds and salt. Gradually whisk in olive oil until combined; set dressing aside.
- 2** Arrange butterhead lettuce, radicchio, endive, pear slices and grapes in a large serving bowl. Sprinkle with pomegranate arils; drizzle with half of the dressing.
- 3** Top salad with goat cheese and walnuts. Serve with remaining dressing.

## NUTRITION FACTS

Calories: 330  
Total Fat: 19g  
Saturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 15mg

Sodium: 180mg  
Carbohydrates: 34g  
Fiber: 9g  
Sugar: 22g  
Protein: 7g