



Honey-Roasted Pear Salad with Thyme Verjus Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces baby arugula
- ☐ 2.5 pounds purée of usa bartlett pear firm cored ripe halved
- ☐ 6 ounces cheese blue crumbled sliced
- ☐ 1 head boston lettuce
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 0.3 cup grapeseed oil
- ☐ 0.5 cup hazelnuts toasted coarsely chopped

- ☐ 0.3 cup honey
- ☐ 1 large shallots finely chopped
- ☐ 3 bunches thyme sprigs fresh
- ☐ 0.3 cup apple cider vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk all ingredients in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Preheat oven to 400°F. Scatter thyme sprigs on rimmed baking sheet.
- ☐ Place pear halves, cut side down, on work surface. Starting 1/2 inch from stem and leaving pear half intact, cut each lengthwise into scant 1/3- to 1/2-inch-wide slices. Press pear gently to fan slices; place atop thyme sprigs.
- ☐ Drizzle pears with honey; sprinkle with salt and pepper.
- ☐ Bake until pears are tender, about 15 minutes.
- ☐ Let stand on baking sheet at least 30 minutes and up to 3 hours.
- ☐ Combine lettuce and arugula in large bowl.
- ☐ Add dressing and toss to coat. Divide salad among plates.
- ☐ Place pear alongside greens.
- ☐ Garnish salads with cheese; sprinkle with nuts.
- ☐ Lane Crowther uses and Oregon blue cheese from Rogue Creamery, but other good choices are Point Reyes (from California's Marin county) or Maytag blue, which is sold in many markets.

Nutrition Facts



Properties

Glycemic Index:47.66, Glycemic Load:12.04, Inflammation Score:-10, Nutrition Score:13.398695725462%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 336.51kcal (16.83%), Fat: 20.15g (31%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 27.86g (10.13%), Sugar: 23.63g (26.26%), Cholesterol: 15.95mg (5.32%), Sodium: 252.25mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin K: 43.28µg (41.22%), Manganese: 0.68mg (33.81%), Vitamin E: 4.06mg (27.09%), Vitamin A: 1309.75IU (26.2%), Fiber: 5.97g (23.9%), Calcium: 173.97mg (17.4%), Vitamin C: 13.09mg (15.87%), Copper: 0.28mg (14.03%), Phosphorus: 138.94mg (13.89%), Folate: 55.43µg (13.86%), Potassium: 384.79mg (10.99%), Magnesium: 39.5mg (9.87%), Vitamin B2: 0.17mg (9.73%), Iron: 1.6mg (8.88%), Vitamin B6: 0.16mg (8.09%), Zinc: 1.05mg (6.97%), Vitamin B1: 0.09mg (6.14%), Vitamin B5: 0.61mg (6.13%), Selenium: 3.7µg (5.29%), Vitamin B12: 0.26µg (4.32%), Vitamin B3: 0.76mg (3.78%)