

Warm Spinach Salad with Poached Pears, Pine Nuts and Herb Vinaigrette

Prep time:

25 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

10 cups fresh spinach
1 medium firm ripe pear, thinly sliced
½ cup slivered red onion
1 sprig fresh thyme
1 sprig fresh rosemary
2-3 tablespoons extra-virgin olive oil
¼ cup cider vinegar
2 tablespoons pure maple syrup
¼ cup water or enough to cover pears
1 teaspoon dijon mustard
¼ cup Italian parsley
4-5 fresh basil leaves
½ cup toasted pine nuts
Salt and pepper to taste

Directions:

In a medium-sized skillet; add the onion, vinegar, maple syrup and water. Bring to a boil and add pears. If needed add more water to cover pears. Reduce to a simmer and cook until slightly soft. Add spinach and mix for a few seconds. Just enough to start the wilting process. Remove from heat and into a mixing bowl.

In a blender add dijon, parsley, basil and ¼ cup cooking liquid. (The extra liquid can be saved for future use). Begin blender and drizzle in olive oil. Season with salt and pepper. Add dressing and pine nuts to the spinach mixture. Toss and serve immediately.