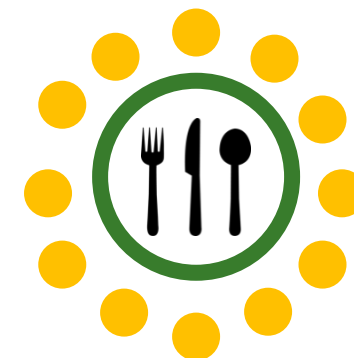



recipe of the week:

Candied Walnut, Pear & Leafy Green Salad



ingredients:	directions:
1/3 cup sugar	1. Place sugar in a small, heavy saucepan over medium-high heat & cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 1 minute).
2/3 cup walnuts, chopped & toasted	2. Continue cooking 1 minute without stirring until golden.
1/2 teaspoon kosher salt, divided	3. Remove from heat & carefully stir in nuts to coat evenly.
2 tablespoons white balsamic vinegar	4. Spread nuts on a baking sheet coated with cooking spray & separate nuts quickly.
1 1/2 teaspoons Dijon mustard	5. Sprinkle with 1/4 teaspoon salt & set aside until cool & break into small pieces.
3 tablespoons extra virgin olive oil	6. Combine vinegar & mustard, stirring with a whisk.
1 tablespoon capers, chopped	7. Gradually add oil, stirring constantly with a whisk.
12 cups leafy greens (spring mix), chopped	8. Stir in capers.
1 red Anjou pear, thinly sliced	9. Place pear and walnuts on top of salad & drizzle dressing evenly over salad.
1/4 teaspoon black pepper, freshly ground	10. Sprinkle with remaining 1/4 teaspoon salt and pepper.
Cooking spray	<p data-bbox="919 1284 1220 1333">Presented by:</p>  <p data-bbox="1100 1547 1272 1560">moving towards an amazing YOU</p>
Notes: Makes 6 servings.	

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