

Salad, For Busy Peeps

Strawberry Pear Carpaccio



Ready in **20 minutes**

Serves: 4

Ingredients

- 1 ripe and firm pear, washed and dried
- About ½ cup arugula leaves
- 2 large strawberries sliced thin
- 2 Tbsp pecans or walnuts
- 2 Tbsp blue cheese

Dressing

- 2 Tbsp olive oil
- 1 heaping tsp dijon mustard
- 1 tsp honey
- 1 Tbsp real maple syrup
- 1 tsp lemon juice
- Salt and pepper to taste

Preparation

1. Slice pear very thin. Arrange on a nice platter.
2. Place arugula, nuts, cheese and strawberries on top of pears.
3. For dressing - Mix olive oil, mustard, honey, maple syrup, lemon juice, salt and pepper. Taste. Add more mustard if desired. Pour over salad and eat immediately.

Tips

Sprinkle on chopped pistachio nuts to add a nice crunch.

Spiritual message from this recipe

One of the pears in the bag I bought was too ripe and I couldn't use it. I assumed all the others were too. I was wrong.

Lesson: One bad pear doesn't spoil the whole bunch. Don't make blanket judgements.