



## Recipe

### CHOPPED PEAR SALAD WITH BALSAMIC MAPLE DRESSING

by J Trogstad

Serves 2

Prep time: 20 minutes

#### Ingredients

- 1 bag chopped kale
- 1 bag **Seneca pear chips**, whole and crushed
- 1 pear, sliced thin
- 3 pieces of bacon, cooked and crumbled
- ½ red onion, sliced
- ½ cup feta cheese crumbles
- 1 cup walnut pieces



#### FOR THE DRESSING:

- 1/3 cup olive oil
- ¼ cup balsamic vinegar
- 4 TBSP maple syrup
- 1 tsp Dijon mustard
- 1 tsp fresh thyme (1/4 tsp dried thyme)
- salt and pepper to taste

#### Directions

To make the dressing, combine all the dressing ingredients together and mix well.

To make the salad, place the chopped kale in a large serving bowl. Sprinkle on all other ingredients including the Seneca pear chips and then drizzle with dressing. Serve immediately.

#### Notes

This recipe calls for both whole Seneca pear chips and crushed Seneca pear chips.

The crushed pear chips are used as an incredibly tasty alternative to crunchy croutons!

