

WARM PEAR AND GREEN BEAN SALAD

SOURCE: FRED MEYER STORE

INGREDIENTS:

Vegetable Oil Spray
1/4 C extra-virgin olive oil
1 tsp salt
1/2 tsp black pepper
2.5 bags microwavable green beans
4 Comice pears, cored/cut into eighths
1 tsp sugar
1/2 C chopped toasted hazelnuts

DRESSING:

2 TBS Sherry wine vinegar
1 tsp Dijon Mustard
1/2 tsp minced garlic
1/4 C extra-virgin olive oil
1/4 tsp salt
1/4 tsp black pepper

DIRECTIONS:

To roast green beans and pears: Preheat oven to 400° F. Lightly coat 2 roasting pans with cooking spray - set aside. In large bowl, whisk 2 TBS oil, 1/2 tsp salt + 1/4 tsp pepper - toss green beans well with this mixture and place in roasting pan. In same large bowl, whisk remaining oil, salt + pepper - toss with pears. Sprinkle pears with sugar and place in second roasting pan - place both pans in oven - after 30 minutes remove beans - roast pears another 15 minutes and remove from oven.

To prepare dressing: In small bowl, whisk together vinegar, mustard + garlic - add olive oil in thin stream, whisking constantly - stir in salt + pepper. In salad bowl, toss together beans, pears + dressing. Serve immediately.