



## Asian Pear Salad

### Serving:

6

### Type:

pareve (vegan) or dairy salad

### Author:

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### Notes:

Asian pears are distinctively sweet and crisp, much like jicama. They are best served raw, thinly sliced and without too much competition from other ingredients. Here, I've paired them with ingredients that balance the crisp with creamy, the sweet with sharp and a tad spicy.

### Ingredients:

7 oz. arugula ( organic bagged is fine)  
2-3 Asian pears- halved, cored and sliced very thinly  
½ cup pistachios, dry roasted and unsalted

6 Tb. goat cheese (optional)

#### Dressing:

4 Tb. olive oil

3 Tb. unseasoned rice vinegar

1 Tb. maple syrup

¼ tsp. Fresh ginger, peeled and grated

Salt and pepper to taste

### Directions:

In a small bowl, whisk all dressing ingredients together. Taste and adjust seasoning.

In a large bowl or on individual plates, arrange greens and top with sliced Asian pear.

Sprinkle with pistachios and toss lightly with dressing.

Top with goat cheese, if using. Add extra cracked black pepper if desired.

### Tips:

Fresh ginger is easy to peel when you lay it on a flat surface and scrape the skin away with the tip of a teaspoon. Grate on a microplane, rather than trying to chop it finely.