

### **Autumn Salad with a Cranberry Balsamic Vinaigrette**

1 cup walnuts  
2 pears, sliced  
1 head of butter lettuce, chopped or 1 bag of spring mix  
1/2 cup dried cranberries  
2 stalks celery, diced  
1/2 shallot, diced  
4 ounces goat cheese, crumbled

### **Cranberry Balsamic Vinaigrette**

1/4 cup balsamic vinegar  
1/2 lemon, zest and juice  
2 tablespoons ginger  
1 garlic clove  
3 tablespoons sugar  
1 tablespoon Dijon mustard  
1/4 cup cranberry sauce (canned or homemade)  
Salt and Pepper to taste  
1/2 cup olive oil

In a frying pan over low heat, toast the walnuts for 5-6 minutes or until golden brown in color. Combine the next 6 ingredients in a large bowl. For the dressing, mix all the ingredients in a blender and stream in the olive oil. Toss the dressing with the salad. Serve immediately.

Serves 4-6

**Cook's Tips:** Try some shaved Asiago cheese instead of goat cheese. For a stronger onion flavor, substitute a red onion instead of the shallot.

*“The belly rules the mind.”* Spanish Proverb