



Fresh and fun! Combination of healthy “sweet and salty” (: A friend of mine made this once and she shared the recipe with me. I make this every time when we have a big party. Perfect for those who are counting calories and vegetarians. Always a big hit (:

Ingredients:

1 package (5 ounce) mixed salad greens. Make sure spinach is in it.
2 medium pears, washed, peeled and diced
1 cup seedless, washed red grapes
½ cup shelled, salted and roasted pistachios
½ cup dried cranberries
Lemon juice from whole lemon
5 tbsp honey (add more or use less-to your taste!)
1-2 small celery sticks, sliced (optional)
2 ounces gorgonzola cheese

Directions:

In a large bowl combine the greens, diced pears, cranberries, pistachios, cheese, and grapes. Using salad tongs give a quick toss of the ingredients. Blend honey and lemon juice together and pour the mixture over the salad. Toss again. Serve immediately.

Enjoy! Smaczne!





