

Spicy Green Salad with Manchego and Pears

Servings: 8

INGREDIENTS

- 1/3 c green (hulled) pumpkin seeds (pepitas not toasted)
- 4 c packed spicy salad greens (such as radish greens, watercress, arugula), tough stems discarded
- 4 c packed frisee, torn into bite-sized pieces
- 1/2 lb Manchego cheese, rind removed and cheese shaved into 32 thin slices
- 8 ea red or yellow Bartlett pears, small (preferably with stems)
- 1/4 c Monarch® pear Gorgonzola vinaigrette

PREPARATION

In a small, heavy skillet over medium-low heat, cook seeds in 1 T oil, stirring frequently until puffed and beginning to brown, about 4 minutes. Transfer with a slotted spoon to paper towels and reserve oil. Season seeds with salt and pepper. Divide greens, frisee and cheese among salad plates. Cut off two opposite sides of each pear (reserve for another use), leaving a 1/2-in thick lengthwise center slice with stem and core. Arrange a pear slice on each plate and drizzle dressing over salads. Sprinkle with seeds.

