

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Fall Greens Pear Pecan Caesar Salad with Homemade Caesar Dressing

This most luscious, colorful fall salad combines crisp romaine, full-flavored Curly Endive and Red -Purple Radicchio with creamy, umami-rich Homemade Caesar Dressing. The first of fall's juicy ripe pears or apples along with thinly sliced scallions and toasted pecans add additional color, texture and tantalizing flavor. Prepare the Caesar Dressing at least an hour and up to a few days before tossing the salad.

Serves 4 as an entrée, 8 as a side salad

Ingredients

- 1-2 heads of mini romaine lettuce
- 1 medium (10-ounce) head radicchio
- ½ head Curly Endive
- 1 large ripe pear *or* apple, preferably red skinned (2 ¼ cups)
- ⅓ cup thinly-sliced scallions
- ¾ cup pecan halves and pieces
- 1 recipe Homemade Caesar Dressing (recipe follows)

Directions

1. Prepare the Caesar Dressing at least an hour and up to a few days before you toss the salad.
2. Heat the oven to 300 degrees. Place the pecans on a baking sheet. Bake 10 minutes. Put aside to cool.
3. Wash the greens and spin them dry. Prepare them as follows.
 4. Heads of mini romaine: halve lengthwise then slice ½ inch wide (5 cups)
 5. Radicchio: quarter, core and slice ¼ inch wide (4 cups)
 6. Curly Endive: slice ½ inch wide (5 lightly packed cups)
7. Just before tossing the salad, halve and core the pear. Or halve, quarter and core the apple. Cut either one into ⅓ inch slices. Cut the pear slices in thirds; the apple slices in half.
8. Put the greens, sliced fruit, scallions and ½ cup of the pecans into a large mixing bowl. Toss the salad with ¾ cup of the Caesar Dressing. Adding more to taste.
9. Serve Fall Greens Pear Pecan Caesar Salad topped with the remaining toasted pecans.

Homemade Caesar Salad Dressing – Simplified

Simplified refers to using your favorite mayonnaise (vegan or otherwise) instead of the usual raw or coddled egg yolks and oil in traditional Caesar Salad Dressing.

Also enjoy this bright, creamy Homemade Caesar Dressing as a very tasty dip with vegetables such as blanched broccoli or asparagus, or as a sauce for a grain bowl.

For the best flavor, prepare the dressing at least an hour in advance of serving it.

Makes 1 cup

Total time 10 minutes

Ingredients

1 medium garlic clove

Half of a 2-ounce tin of anchovy fillets, including half of the oil

2 tablespoons fresh lemon juice

½ tablespoon extra virgin olive oil

1 teaspoon homemade [cultured country-style mustard](#), or Dijon

1 teaspoon Worcestershire Sauce

⅛ teaspoon salt

10 twists freshly ground pepper

¾ cup [Follow Your Heart Vegenaïse](#) or your favorite mild-flavored mayonnaise

½ cup freshly grated [Pecorino cheese](#)

¼ cup tightly packed fresh parsley

Instructions

1. To chop the garlic, drop it down the feed tube of a food processor while it is running. When the garlic is finely chopped, drop the anchovy fillets with their oil down the feed tube.
2. Stop the machine. Use a rubber spatula to scrape down the sides of the work bowl. Add the fresh lemon juice, olive oil, mustard, Worcestershire sauce, salt and pepper. Mix just to combine. Then add the Vegenaïse (or other mayonnaise), grated cheese and parsley. Process until the parsley is finely chopped.
3. Store Homemade Caesar Salad Dressing in a closed container in the refrigerator for up to two weeks.