

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Watercress, Belgian Endive & Pear Salad with Goat Cheese, Shallot-Mustard Vinaigrette and Maple-Glazed Walnuts

Yield: 4-8 servings

Maple-Glazed Walnuts (recipe below)

Shallot-Mustard Vinaigrette (recipe below)

2 bunches fresh watercress, washed, dried, stems removed

2 large Belgian endive, sliced ¼-inch thick just before you toss the salad

1-2 ripe Bartlett, Bosc or D'Anjou pears, peeled and thinly sliced just before you toss the salad

½ cup crumbled goat cheese (omit for a vegan salad)

Make sure you purchase your pears well in advance of preparing the salad so that they are ripe when you want them.

Glaze the walnuts and make the vinaigrette dressing. The watercress can be prepared the day before and stored in the refrigerator inside your lettuce spinner or in a plastic bag with a paper towel to absorb any excess moisture.

Just before serving the salad, slice the endive and the pear(s). Place the watercress, endive and pear slices in a bowl and toss with enough of the dressing to lightly coat everything. Either place the salad on a platter for buffet service, or divide it between 4-8 plates (depending on whether this salad is the meal or a side-salad). Sprinkle with the walnuts and the goat cheese. You might want to drizzle a few drops of the dressing on the plate around the salad. ;-)

Maple or Honey-Glazed Walnuts

(This recipe is inspired by and adapted from the [Stonewall Kitchen Harvest Cookbook](#))

1 cup walnut halves and pieces

1 tablespoon olive oil

1 teaspoon butter

2½ tablespoons maple syrup or honey

Coarse sea salt to taste

Preheat a small toaster oven to 350 degrees. Lightly toast the walnut halves and pieces in the oven for 4 minutes.

In a medium sauté pan, heat the oil and butter over medium heat. Add the walnuts and stir to coat them with the oil and butter, about 1 minute. Stir in the maple syrup or honey and continue stirring for about 3 minutes to glaze the walnuts. Pour them out onto a parchment paper or [silpat](#) lined baking sheet. Sprinkle the walnuts lightly with coarse sea salt. If stored unrefrigerated in an airtight container, the walnuts retain their crunch for at least a month.

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Watercress, Belgian Endive & Pear Salad with Goat Cheese,
Shallot-Mustard Vinaigrette and Maple-Glazed Walnuts ... continued

Shallot-Mustard Vinaigrette

Yield: 1¼ cups

¼ cup very thinly sliced shallots
Large pinch salt
1½ tablespoons whole grain, Dijon-style mustard
3 tablespoons white wine vinegar
3 tablespoons seasoned “lite” rice vinegar
6 tablespoons walnut oil
6 tablespoons extra virgin olive oil
2 tablespoons dried cranberries, lightly chopped (optional)
4 twists freshly ground pepper or to taste

Very thinly slice the shallots and place them in a small bowl. Sprinkle the shallots with a large pinch of salt and let them sit for about five minutes.

Use a wire whisk to stir in the mustard and the vinegars. Continue to whisk the mixture as you very gradually add each of the oils in a thin stream. Stir in the optional lightly chopped dried cranberries and the freshly ground pepper.

This is more dressing than needed for this salad. However, it is such a tasty dressing, that it is nice to have it on hand for dressing roasted asparagus or beets or other salad greens.

