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## Pear, Avocado Salad with Spiced Pecans

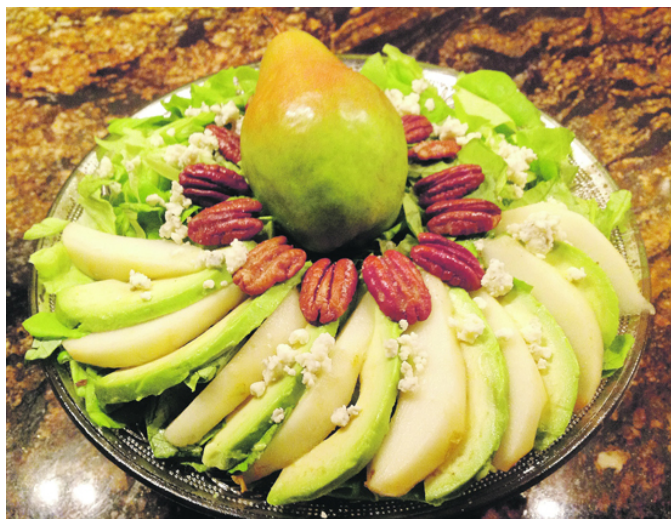


Photo Susie Iventosch

(Serves 4)

### INGREDIENTS

1 head butter lettuce, washed and torn into bite-sized pieces

1 large firm, but ripe, avocado, sliced

1 large pear, sliced (can use one extra pear, whole or halved

for garnish!)

1/4 cup crumbled bleu cheese

1/2 cup spiced nuts (recipe below)

### Dressing

1/4 cup pear vinegar (or white wine vinegar)

1/2 teaspoon Dijon mustard

1/2-2/3 cup of your favorite, most fabulous olive oil (use according to desired taste)

Salt and white pepper, to taste

Shake well.

### DIRECTIONS

Tear lettuce into bite-sized pieces and form a layer on the bottom of a glass bowl or a serving platter. Arrange pear avocado slices on top and sprinkle nuts and cheese over

evenly. Drizzle dressing over the top, or gently toss it all in a large bowl.

### Spiced Nuts

(This recipe will make extra, but that is okay, because there are always snitchers lurking about the kitchen!)

### INGREDIENTS

1 cup pecan halves

1-2 tablespoons olive oil

2 teaspoons granulated sugar (brown sugar is fine, too)

Spice mixture-mix well before adding to nuts

dash cayenne pepper

1/4 teaspoon cumin powder

1/4 teaspoon cinnamon

1/4 teaspoon cardamom

1/4 teaspoon sea salt

### DIRECTIONS

In a large saute pan, heat olive oil and toss nuts in to coat. Cook over medium heat, until nuts begin to brown. Add sugar, and stir well. Continue to cook just until sugar is melted. Remove from heat and sprinkle spice mixture over all and toss until all of the nuts have been seasoned with the spices. Cool and store until ready to use.

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