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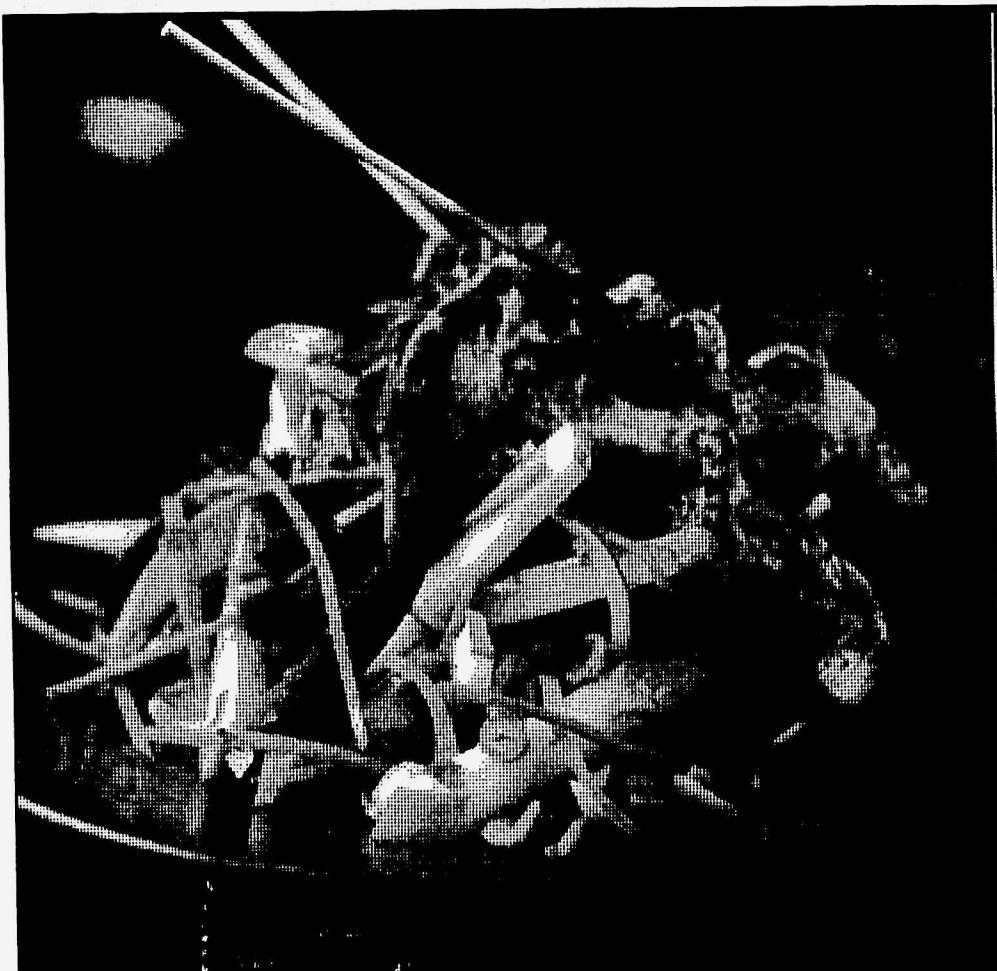
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Thai-Style Pear Salad

Firm Ontario pear slivers replace the traditional green papaya or mango often used in Asian salads. Serve as a refreshing and crunchy accompaniment to grilled meats and rice. Try using a few spoonfuls of the dressing to marinate your favourite meat, firm tofu or vegetables (particularly eggplant) before grilling.

Preparation Time: 20 minutes

Serves 6 to 8

- 2 firm Ontario Pears, cored and julienned
- 2 Ontario Carrots, peeled and julienned
- 1 Ontario Tomato, diced
- 1 Ontario Sweet Red Pepper, thinly sliced
- 1/2 Ontario Red Onion, thinly sliced
- 1 cup (250 mL) Ontario Green Beans, chopped
- 1 cup (250 mL) salted roasted peanuts
- Fresh coriander leaves for garnish

Dressing:

- 1/4 cup (50 mL) finely chopped fresh coriander
- 1/4 cup (50 mL) cider vinegar
- 3 tbsp (45 mL) Ontario Liquid Honey
- 2 tbsp (25 mL) vegetable oil
- 2 tsp (10 mL) salt
- 1 tsp (5 mL) each - minced fresh gingerroot and Ontario garlic
- 1 jalapeño pepper, seeded and minced (optional)

Dressing: In large bowl, whisk together coriander, vinegar, honey, oil, salt, ginger, garlic and jalapeño pepper (if used).

Add: pears, carrots, tomato, red pepper, onion, green beans and peanuts; toss lightly. (Can be made up to one day ahead.) To serve, garnish with coriander leaves.

Nutritional Information

(1 serving when recipe serves 8):

- Protein: 6 grams
- Fat: 13 grams
- Carbohydrates: 23 grams
- Calories: 223

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