Recipe For Health | MARCH 2008

POMPADEUR SALAD

Sweet, spring salad!
by Jill Yarbrough, Dining Services Test Kitchen Manager
Featured Food: Spinach

Yield: Serves 6

Ingredients

Shallot Sherry Vinaigrette
- ¼ c. shallots, finely minced
- 2 T. vegetable oil, divided
- 2 T. sherry wine vinegar
- 1 T. + 1 t. red wine vinegar
- 2 t. dark molasses
- ¼ t. salt
- pepper to taste

Salad
- 3 c. Romaine lettuce, chopped
- 3 c. fresh baby spinach leaves
- 1 large D’anjou or Barlett pear, thinly sliced
- ¾ c. red seedless grapes
- ¾ c. pistachio nuts, coarsely chopped
- ½ t. gorgonzola cheese
- ½ c. dried cranberries or cherries

Preparation

Make shallot sherry vinaigrette (or substitute ½ c bottled vinaigrette): Over medium heat, caramelize shallots in 2 tablespoons oil for 7–10 minutes. Stir frequently to prevent burning. Let cool.

Add shallots, vinegars, remaining oil, molasses, salt and pepper to blender container. Blend well.

Combine romaine and spinach.

Toss with other ingredients including the vinaigrette.