

# Spinach, Radicchio and Pear Salad

Beautiful combination of flavours in this salad.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Salads and Dressings



## Ingredients

Spinach, raw	1 bunch
Radicchio, raw	1 cup
Acorn squash	2 cups
Olive oil	1 tablespoon
Maple syrup	1 tablespoon
Dijon mustard	1.5 teaspoon
Apple cider vinegar, apple cider	1 tablespoon
Salt, sea salt	1/2 teaspoon
Black pepper, ground	1 dash

## Instructions

You can use acorn or butternut squash. A small size squash will do.

1. Cut squash into quarters and steam (or bake for 30 minutes) for 15 minutes or until done. You can peel or leave the skin on once it is cooked. If you bake the squash, you should add some water to the pan so it does not stick and cooks with some steam.
2. Wash and cut the spinach, radicchio and pear into bite size pieces and place in a large bowl. Cut the cooked and cooled squash into smaller pieces and add it to the salad.
3. Make the dressing with oil, vinegar, maple syrup, Dijon mustard, salt and pepper in a separate bowl and mix well.
4. Pour the dressing into the salad and toss to mix.

Top with chopped walnuts or pecans or dried cranberries. Eat immediately or store in refrigerator for up to two days.