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Recipes

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Seckel Salad Verde

4 tablespoons pine nuts
12 assorted leaves of salad greens (butter lettuce, endive, argula, red leaf lettuce)
2 ripe Seckel pears
2 stalks broccoli, separated into flowerets
12 green beans
8 large fresh basil leaves
3 tablespoons olive oil
3 tablespoons balsamic vinegar
Salt, pepper to taste (optional)

Directions

Toast pine nuts under broiler, until barely tanned. Watch carefully, as they toast quickly. Set aside to cool. Steam the broccoli and beans until crisp tender. Toss vegetables with olive oil and vinegar, and chill, an hour or overnight. Slice pears into 8 to 12 slices each, eliminating core. Do not peel. Arrange greens on two salad plates, followed by broccoli and beans. Arrange Seckel pear slices in a fan, and add basil leaves. Divide pine nuts between two salads, and garnish each salad. Pour any remaining oil and vinegar sparingly on the salads.

This recipe can easily be doubled or tripled, if more composed salads are desired, or all ingredients can be tossed for a dinner salad, to serve in a salad side bowl.