

**AUTUMN CHOPPED SALAD WITH MAPLE-DIJON VINAIGRETTE**  
from *The Cooks Next Door*

6-8 oz. Mixed lettuces (leaves torn or chopped)  
1 pear  
1 apple  
1/4-1/2 c. dried cranberries or fresh pomegranate seeds  
1/4-1/2 c. chopped pecans or walnuts  
4 green onions, sliced (or chopped red onion, if you prefer)  
2 strips bacon, cooked and crumbled (opt.)  
2 oz. plain or honey goat cheese, crumbled

Wash and spin dry lettuce before placing in a large bowl. Top with pear, apple, onion, and dried cranberries. Drizzle with vinaigrette and toss to coat. Sprinkle salad with nuts, bacon, if using, and goat cheese. Serves 4.

**MAPLE-DIJON VINAIGRETTE**

2 Tbsp olive oil  
1 Tbsp pure maple syrup  
1 Tbsp whole grain Dijon mustard  
1 tsp white wine vinegar  
salt and pepper to taste

Combine all ingredients in a glass jar. Shake well.