

## Thanksgiving with Tyler Florence – Fall Salad

From the “Celebrate the Holidays with Better Homes and Gardens” iPad application

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Pear slices, Parmesan cheese, and maple syrup mix for a fall salad that's both sweet and savory.

Prep: 20 min.

Cook: 3 min.

3 Tbsp. unsalted butter  
3 Tbsp. packed light brown sugar  
1 cup pecans  
2 small shallots, minced  
2 Tbsp. balsamic vinegar  
1 Tbsp. Dijon-style mustard  
1/2 cup extra virgin olive oil  
2 Tbsp. maple syrup  
Kosher salt and freshly ground black pepper  
2 heads Belgian endive, leaves separated  
3 hearts frisee, torn in bite-size pieces

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1 large head radicchio, leaves torn  
1 medium red pear, cored and sliced  
1/2 cup shaved Parmesan cheese

1. For candied pecans, combine butter and brown sugar in a nonstick skillet over medium heat. When butter has melted, toss in pecans. Cook, tossing occasionally, for about 3 minutes. Transfer to a sheet pan lined with waxed paper. Use two forks to separate the pecans. Set aside to cool.

2. In large bowl combine the shallots, vinegar, and Dijon mustard. Slowly drizzle in the olive oil, whisking constantly until well combined. Add the maple syrup and season to taste with salt and pepper. Add the endive, frisee, radicchio, and pear slices; toss gently to coat. Serve salad topped with Parmesan shavings and candied pecans. Makes 8 to 10 servings.

Each serving: 336 cal, 29 g fat, 15 mg chol, 202 mg sodium, 17 g carbo, 2 g fiber, 4 g pro.