



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### PEAR SALAD WITH GORGONZOLA AND CANDIED WALNUTS

5 ounces salad greens	¼ cup olive oil
2 large ripe pears, diced	1 tablespoon apple cider vinegar (or balsamic vinegar)
1 large avocado, pitted and diced	2 teaspoons Dijon mustard
1 small red onion, peeled and thinly sliced	½ teaspoon fine sea salt
6 ounces candied walnuts (or regular toasted walnuts)	½ teaspoon freshly cracked black pepper
4 ounces crumbled gorgonzola cheese	

1. Make the vinaigrette: Add the olive oil, apple cider vinegar, Dijon mustard, salt, and black pepper to a mason jar, cover and shake vigorously for 10 seconds until combined. (You can also whisk in a bowl until well combined.)
2. Toss the salad: Add salad greens, pears, avocado, red onion, candied walnuts, and gorgonzola cheese to a large salad bowl. Drizzle evenly with the vinaigrette, then toss until combined. Taste and season with extra salt and pepper, if needed.
3. Serve immediately and enjoy!

### CANDIED WALNUTS

¼ cup packed brown sugar	1 egg white
1 teaspoon fine sea salt	1 teaspoon vanilla extract
1 teaspoon ground cinnamon	4 cups (12 ounces) raw walnut halves
¼ teaspoon ground cayenne	

1. Heat oven to 300 degree F. Line a large baking sheet with parchment paper; set aside.
2. In a small mixing bowl, whisk together the brown sugar, sea salt, cinnamon, and cayenne until combined.
3. In a large mixing bowl, whisk together egg white and vanilla until combined. Add the walnuts and toss until they are evenly coated with the egg white mixture. Add the brown sugar mixture and toss until the walnuts are evenly coated.
4. Spread the walnuts out in an even layer on the baking sheet. Bake for 20 minutes. Remove baking sheet from the oven and give the walnuts a brief stir. Return to the oven and bake for 5 more minutes. Remove and transfer to a wire rack to cool for 10 minutes.
5. Serve immediately, or store in a sealed container for up to 2 weeks.

***[balancingmotherhood.com/worlds-easiest-cinnamon-donut-holes/](https://balancingmotherhood.com/worlds-easiest-cinnamon-donut-holes/)***