

RECIPE | CUCUMBERS

CUCUMBER PEAR SALAD



Follow us



pure-flavor.com

pure
flavor[®]

CUCUMBER PEAR SALAD

INGREDIENTS

1.75 lb Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
2 heads kale
1 pear, sliced
¼ cup Pecans
¼ cup goat cheese, crumbled
¼ cup grapes, sliced

Dressing
¼ cup olive oil
1 clove garlic
2 tbsp apple cider vinegar
1 tbsp maple syrup
1 tsp fresh thyme
Kosher salt and pepper



TOTAL TIME

10 minutes

PREP TIME

10 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy

DIRECTIONS

1. Remove the stems from the kale and tear it up with your hands into bite-sized pieces. Place in a large bowl.
2. To make the dressing, whisk together the olive oil, apple cider vinaigrette, maple syrup, garlic, thyme, salt and pepper.
3. Pour the dressing over the kale and toss well to combine.
4. Arrange the cucumbers, pecans, goat cheese, grapes and pears on top of the tossed kale, and enjoy!