

Cabbage, Pear and Tangerine Salad

Kathy's Note: A fresh, simple salad to welcome spring—serve with crusty warm bread.

Ingredients:

1 tablespoon olive oil, plus 1/4 cup
1 pear, peeled, cored, and cut into quarters
Salt and freshly ground black pepper
2 cups red cabbage, very thinly sliced
1/2 cup crumbled feta, goat, or blue cheese
1 teaspoon Dijon mustard
Juice 2 tangerines
1 tablespoon wine vinegar

Instructions:

In a medium skillet heat the tablespoon of oil over low heat. When hot add the pear slices and cook about 3 minutes on each side, or until just soft. Remove from the heat.

Place the cabbage in a large bowl. Arrange the pear slices around the edges of the salad. Sprinkle the cheese on top.

Make the dressing: in a small bowl, mix the mustard, salt and pepper. Add the tangerine juice and vinegar and mix well. Add the oil and taste for seasoning. Pour over salad or serve on the side.

Serves 4.