

Cooking for Wellness

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Apple Cider Poached Pear and Brie Salad with toasted hazelnuts

Yields: 4 servings Preparation Time: 30 minutes

Ingredients

2-3 bosc pears, peeled and cored 3 cups apple cider 1/2 cup agave syrup ½ cup orange juice 2 teaspoons orange zest

1 cinnamon stick

1 vanilla bean, split lengthwise

1 bag spring mix lettuce

5oz of brie cheese, cut into slices

5oz hazelnuts, toasted and chopped



Instructions

- 1. In a medium sized sauce pot over medium-high heat add cider, agave syrup, orange zest, orange juice, cinnamon stick, and vanilla bean, bring to a simmer. Add pears and simmer uncovered for three minutes. Transfer liquid and pears to a bowl and refrigerate over night or until cooled.
- Once the pears are cooled, remove from poaching liquid and slice in half, then cut into strips.
- 3. In a large bowl, add lettuce and pour some of the poaching liquid over the lettuce until evenly coated. Place lettuce on a chilled plate and top with brie cheese, pears, and hazelnuts.