



Winter Ham Salad

- ½ cup pecan halves
- 3 Tbsp. Dijon mustard
- 3 Tbsp. honey
- 3 Tbsp. lime juice
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- 1 lb. baked ham in 1 piece, cut into 1-in. chunks
- 1 lb. red Bartlett pears, halved lengthwise, cored and cut crosswise into ½-in.-thick slices
- 14 cups field greens
- 6 oz. soft, mild goat cheese, crumbled



1. Preheat oven to 400°F. Place pecans on baking sheet and toast for 7 minutes or until fragrant, crisp and lightly browned. (Or do this in a toaster oven at 350°F, but watch carefully; pecans will toast in 3 to 5 minutes.)
2. Meanwhile, in large bowl, whisk together Dijon mustard, honey, lime juice, olive oil, salt and pepper.
3. Add toasted pecans, ham, pears and greens, and toss to combine.
4. Serve with cheese scattered on top.

Makes 6 servings

Per serving: 354 calories, 20 g fat, 27 g carbohydrates (6.1 g fiber), 22 g protein, 1,433 mg sodium

