

## Recipe

# Honey-Pecan and Greens Salad

## By

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## Ingredients

### 1. Honey Pecans:

2 tbsp honey  
1/3 cup whole pecans  
1 tsp chili powder  
1/4 tsp salt

### 2. Salad:

3 cups greens (mix of red-leaf, green-leaf, etc.)  
1 cup arugula\*  
1/4 cup fresh parsley  
1/2 cup dried cranberries  
8 orange wedges

### 3. Honey-Mustard Vinaigrette

2 tbsp balsamic vinegar  
2 tbsp Dijon mustard  
4 tbsp olive oil  
1 tbsp honey  
1/2 tsp salt  
1/4 tsp black pepper

## Preparation

Bring honey to a simmer in a pot over medium heat. Stir in pecans and cook for 4 minutes. Stir in salt and chili. Cool completely.

To make honey-mustard vinaigrette: whisk together vinegar, honey, salt, pepper, and mustard. Add oil and combine all ingredients well.

Toss greens, cranberries, pecans, and orange wedges with vinaigrette.

\*Arugula leaves are bitter and they go perfectly with honey-pecan and honey mustard vinaigrette.

## Serves

4

## For further details please contact

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