

## **Arugula and Pear Salad (Get Fresh used other fruits) 4 servings**

1/2 cup walnut halves (or whatever nuts you like)  
5 to 6 cups arugula, cleaned and dried (or other leafy greens as you like)  
1 Bosc or Anjou pear, thinly sliced – (we used apple, nectarine and peach halves)  
1 lemon  
3 tablespoons extra-virgin olive oil  
Salt and freshly ground black pepper  
8 ounces Gorgonzola or blue cheese crumbles

Toast nuts in small pan over medium heat until fragrant, or in the oven. Cool.  
Combine lemon juice, olive oil, salt and pepper in a salad bowl and let sit a bit to absorb dressing. Place arugula on plate, top with fruits and dressing, top with crumbled cheese and finally top with toasted nuts. Allow to sit about 10 minutes so the arugula absorbs the dressing and fruits. On the show, we served it with an Asiago baguette. Make it yours!



## Blueberry Coleslaw

10 servings

1 head Savoy cabbage  
1/2 onion  
1 carrot, julienned  
1 pint blueberries (about 2 cups)  
1 cup mayonnaise  
2 tablespoons red wine vinegar  
1 tablespoon honey  
2 tablespoons chopped fresh cilantro  
1 tablespoon cumin seeds, toasted  
Kosher salt



Shred the cabbage and thinly slice the onion, preferably using a mandoline on its thinnest setting. Combine the cabbage, onion, carrot and blueberries in a large bowl. Add the mayonnaise, vinegar, honey, cilantro, cumin and 1 tablespoon salt and toss to combine. Serve immediately or refrigerate for up to 4 hours. On the show, we served it in a pumpkin bread bowl to absorb the dressing.