

Tuna & Roasted Pears Salad

The roasted pears & white tuna balance perfectly with the slight bitterness of the Arugula & the richness of the goat's cheese.

Serves 4 (1 cup each) Prep time 10 min / Total time 30 min

INGREDIENTS

- 2 cans (170 g each) Gold Seal® Flaked White tuna, drained
- 1 Tbsp melted butter
- juice of 1 lemon
- 2 pears, peeled and cored, thinly sliced
- ¼ cup aged balsamic vinegar
- ½ cup olive oil
- 1 pkg (142 g) baby *Arugula
- 200 g goat's cheese

COOKING INSTRUCTIONS

1. Preheat oven to 400°F (200°C)
2. In a small mixing bowl, drizzle melted butter and lemon juice over the sliced pears.
3. Place pear slices on a parchment paper lined baking sheet and roast until they start turning golden brown, about 7 to 9 minutes.
4. In a small container add balsamic vinegar and olive oil, stir well and set aside.
5. On four plates, divide Arugula salad, crumble tuna over, followed by roasted pear slices & crumbled goat's cheese.
6. Drizzle with balsamic vinaigrette.

Ingredient of the day: Arugula

Arugula has a rich, peppery taste and a strong flavour for a leafy green. It is generally used in salads or cooked as a vegetable with pastas or meats. Locals of the Gulf of Naples also use it to make a specialty liqueur, similar to limoncello or grappa, called rucolino.

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- You can use spring mix instead of Arugula.
- Enjoy with friends to start a Saturday night meal.

NUTRITIONAL VALUES / SERVING:

Calories 431	Fiber 3 g
Fat 33 g	Cholesterol 65 mg
Sat Fat 9 g	Sodium 453 mg
Carbs 16 g	Sugar 10 g
Protein 20 g	Calcium 106 mg