

# Asian Pear Salad with Miso Sesame Dressing

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## RECIPE

**Harvest:** Asian pears  
12 Servings

### Supplies

- Large Mixing Bowl
- Small bowl or jar for dressing
- Tongs for mixing
- Forks and plates for serving

### Ingredients

- 8 Cups Lettuce Greens or Kale
- 3-4 Asian Pears, thinly sliced
- 1 bunch Garden Scallions or Chives
- Edible flowers (optional)
- 3 tbsp Toasted Sesame Seeds (optional)
- Dressing:
  - 3 tbsp White Miso
  - 6 tbsp Sesame Oil
  - 6 tbsp Apple Cider Vinegar
  - Honey or Maple Syrup, to taste.
  - Salt
  - Pepper

### Notes

- This recipe works best with crispy asian pears, but if you are using other pear varieties, be sure to use ones that are slightly under ripe to get that texture!
- If there are allergies you can omit sesame and use olive oil instead.
- Other things you can add to this salad include thinly sliced daikon radishes, lightly sauteed shitake mushrooms, thai basil, lightly pickled red onions.

### Directions

#### Prep:

- Wash and prepare the salad greens by drying them well (so that the dressing can stick!) and tearing or slicing the larger pieces if needed. If using kale, thinly slice it and massage in 1 tbsp of olive oil with a dash of salt for easier eating.
- Slice the pears thinly.
- Prepare the dressing. In a small bowl, whisk together the miso and vinegar. Then add sesame oil and season with sweetness and salt, or more vinegar if needed.

#### Serve:

- To dress the salad, make sure not to bruise the greens and pears by mixing delicately, just enough to coat.
- Top with sesame seeds and edible flowers and enjoy!

### Chef's Tips

- Both apples and pears make a great snack in between meals. They pair especially well with either nut butter or cheese, both of which add protein for a mid afternoon energy boost. Try almond butter, or something like a Tomales Bay cheddar and serve in slices along with the fruit.
- To stop the fruit from browning too soon, add a splash of lemon juice. This both brings out the flavors and keeps the interior from oxidizing.

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*Recipe created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.*