

Pear Parsley Vinaigrette

by [Christiane Matey](#) | [Easy Recipes](#), [Healthy Recipes](#), [Salad Dressings](#)



Pear It with Parsley

Combining pears with parsley in a vinaigrette may sound unusual, but it's highly flavorful and healthy. The delicate, slightly sweet flavor of pear contrasts with fresh parsley's peppery taste and puts a festive twist on ordinary salads. Toss Pear Parsley Vinaigrette with my [Winter Salad](#) or drizzle over a bed of mixed greens. Garnish with pink peppercorns or pomegranate seeds for holiday meals.

Pears

Pears are a natural choice for winter salads because cool-weather pears are harvested in the fall and ripen in cold storage. They're associated with the holidays because of a certain partridge in a pear tree in the "Twelve Days of Christmas." It's no wonder National Pear Month is celebrated in December!

Nutritionally, pears pack a lot of punch. An average-sized pear contains impressive levels of fiber (6 grams per serving or 20% of the RDA), Vitamin C (9% of the RDA), and potassium (4% of the RDA). Pears are loaded with antioxidants, including anthocyanin, a pigment that's part of a larger category of plant-based chemicals called flavonoids. A study of anthocyanin in the [National Library of Medicine](#) suggests a link between anthocyanin-rich foods and a lower risk of Type 2 diabetes.

Parsley

Parsley is a fragrant green herb that grows easily in containers (indoors and outdoors) and gardens. Many of us grew up knowing parsley only as a little limp garnish on a plate. But parsley is so much more than that and deserves its modern superfood status. Like pears, parsley is high in Vitamin C (53% of the RDA), which is especially important in cold weather. Yes, you'd have to eat half a cup of parsley to get that much Vitamin C, but when you consider my Pear Parsley Vinaigrette uses an entire bunch of parsley, that's 4-5 servings!

Vitamin C is just the beginning of parsley's superpowers. According to [Healthline](#), there's substantial folate and potassium in a serving of parsley. Fresh parsley has 108% of the RDA of Vitamin A for vision support and a whopping 547% of the RDA of Vitamin K. Older adults take note: parsley is a powerful culinary tool for building stronger bones. Vitamin K activates proteins that increase bone mineral density, making bones less prone to fracture. This is especially important for older adults, as bone density naturally decreases with age.

to fractures. This means that parsley should be a regular part of a healthy diet, whether you enjoy it as a garnish or in a vinaigrette.

Hot Tip

Choose flat-leaf Italian parsley for my Pear Parsley Vinaigrette because it's sturdier (and some say more flavorful) than its curly counterpart.

Makes 10-12 servings.

Ingredients:

- ½ cup white balsamic vinegar
- ½ cup extra virgin olive oil ([Mariella & Grace EVOO](#) is our favorite)
- 1 ½ tablespoon Dijon mustard
- 1 cup ripe pears, peeled, seeded and diced
- 2 each large shallots, peeled
- 2 each garlic cloves, peeled
- 1 bunch parsley, de-stemmed
- 1/4 teaspoon sea salt
- ½ teaspoon ground black pepper

Directions:

1. Prep the garlic, shallots, pear and parsley.
2. In a blender or food processor, add all ingredients minus the EVOO. Slowly add the EVOO as the ingredients are blending.
3. Adjust seasoning, transfer to an air-tight container, and store in the refrigerator. Use within 7-10 days.

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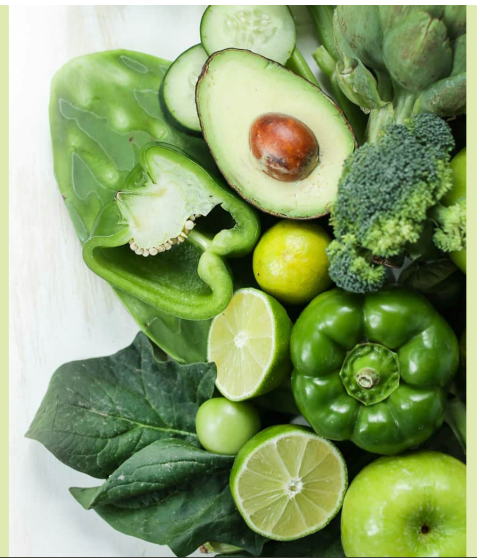


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