

## Asian Pear and Arugula Salad with Goat Cheese

¼ cup extra-virging olive oil  
2 Tbsp fresh lemon juice  
1 tsp honey  
½ tsp chopped thyme  
Salt and freshly ground pepper, to taste  
5 ounces baby arugula  
3 Asian pears, cored and very thinly sliced on a mandolin, cores discarded  
½ salted, roasted pumpkin seeds  
3 ounces fresh goat cheese, crumbled  
Sea salt, for sprinkling

### Method:

In a small bowl, whisk the olive oil with the lemon juice, honey and chopped thyme. Season with salt and pepper.

In a large bowl, toss the arugula with the pear slices and pumpkin seeds. Add the dressing and toss well. Top with the crumbled goat cheese, sprinkle lightly with sea salt and serve immediately.

*(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)*