Spinach salad with pears & cranberries

## INGREDIENTS

* + 4 cups thinly sliced red onion
	+ 2.5 cups sweetened dried cranberries
	+ Approximately 6 bunches of spinach leaves washed, spun dry , stemmed if needed
	+ Approximately16 firm but ripe pears (do not peel), quartered lengthwise, cored, and cut into long, thin slices
	+ nuts to put on side

**Dressing**

**Combine in blender then store in large measuring cup with red lid**

* + 4 cups extra-virgin olive oil
	+ 16 tablespoons balsamic vinegar
	+ 16 teaspoons mustard
	+ 8 teaspoon sugar
	+ 8 teaspoon sea salt
	+ Ground pepper

## PREPARATION

* 1. Make dressing ahead and store.
	2. Prepare spinach and store
	3. Cut onion ahead of time and store
	4. On Thursday, place the onions in a medium bowl and cover with cold water. Let stand for 30 minutes. This crisps the onion and takes away the raw onion taste. Drain well and pat dry on paper towels.
	5. On Thursday... In a small bowl, toss the cranberries with 2 tablespoons of the dressing to soften them. Set aside for at least 20 minutes or until ready to serve the salad.
	6. Best to slice Pears as close to Thursday as you can --even in morning of Thursday

Soak pears in a bowl of cold lemon water to stop them from going brown. Mix 1 tablespoon of lemon juice per 1 cup of water.

7. Mix together, pears, spinach, cranberries and onions and dressing before serving. Have nuts on side