

RECIPE: WINTER SALAD

MEATS

Chicken breast (organic, boneless, skinless), 1

Prosciutto, 2 slices

Caul fat , 8 oz.

CHEESE

Chevre or goat cheese, 1 oz.

FRUITS

Red pear (ripe), 1

VEGETABLES

Watercress , 1 bunch

Baby frisee, 1 head

MISCELLANEOUS

Candied walnuts, 1 oz.

Sherry vinaigrette, 2 oz.