

Salad

1 lb. Greens – your choice
2 pears (poached)
4 beets (whole fresh roasted)
1 avocado
2 cups tomato (cut up) optional
½ cup feta cheese
1 ½ lb grilled chicken
24 grilled shrimp

Wash greens—poach pears at 350 degrees in equal amounts of sugar and water for 30 minutes. Scrub beets wrap in foil put into the oven with the pears. Leave in for 1 hour. Cool and slice

Combine all ingredients to make a great salad, dress with kalamata olive dressing

Dressing: ¼ cup of extra virgin olive oil
4 whole lemons squeezed
1 clove of garlic (crushed)
Pinch of salt
Black pepper to taste
10 pitted kalamata olives

Puree olives add lemon juice, salt, pepper and garlic, drizzle in olive oil (chill and serve)